



IBSF COVID-19 PREVENTION GUIDELINES

Version September, 24th 2021



The following guidelines have been issued by the International Bobsleigh & Skeleton Federation (IBSF) using the collective feedback of different stakeholders in the world of sports. These guidelines are applicable for the events taking place following their approval by the local authorities. IBSF is putting the health and safety of all athletes, coaches, volunteers, officials and organizing committee staff, first. Within these guidelines you will find points that may be applied to any IBSF event. The guidelines will be updated continuously according to the latest information from the World Health Organization (WHO) and the research/publications that are released on this topic. The guidelines will be published on the IBSF Website: <https://www.ibsf.org/en/inside-ibsf/covid-19-information>



1 INTRODUCTION

COVID-19 continues to cause significant challenges. Based on last season's experience, the organizers of sport events are still asked to implement all possible measures for respecting the physical distancing and hygiene requirements.

However, these guidelines only provide the framework and the minimum requirements for the event concept of the Race Organizer. The final event concept needs to be developed by the Race Organizer in close cooperation with the local health authorities and needs to be approved by the IBSF and the local health authorities in advance (not later than October 31st, 2021).

All participating Federations, including athletes and team personnel, as well as all IBSF partners' staff that have access to the respective venue (Race Organizers' staff, IBSF staff, TV broadcaster, service providers etc.) need to confirm with their signature (see Appendix 2 in this regard) that they respect the measures and regulations of the COVID-19 prevention concept to be granted access to the competition and/or the venue.

Each participant in an IBSF event must be aware of his responsibility and show respect for each other. Therefore, it is important to understand the principles of the IBSF COVID-19 PREVENTION GUIDELINES:

RESPECT – RESPONSIBILITY – READY2SLIDE

2 COMMUNICATION

Every Race Organizer is required to compile a document summarizing the Covid-19 prevention measures planned and undertaken that are established in accordance with local rules and regulations. A communication of the measures shall also be published and sent to all other accredited participants (e. g. TV production, Data & Timing, Media services and other service providers).

It is crucial that all provisions in place are communicated clearly to all participants in advance through channels identified as adequate.

The communication shall include contact details of the designated local Covid-19 Coordinator (Local Hygiene Officer) for the medical response plan as well as the contact details of the designated IBSF Covid-19 Coordinator (International Hygiene Officer).

Additionally, it must include exact provisions of the local procedures and contact details in case of Covid-19 related symptoms (telephone hotline, or similar).

Make sure that the local procedures are applicable for international participants (in some countries the contacts may be different for nationals vs. non-nationals of the respective country).

In case a national Contact Tracing App is available for download, please also include this in the communication (clarify whether it is also available for use by non-nationals).

Include the information and clarifying data as well as eventual updates in the official event invitation as well as in Team Captain meetings and/or other briefings for other participants.

3 RISK ASSESSMENT AND MITIGATION

3.1 Individual responsibility

3.1.1 General recommendations

The International Bobsleigh & Skeleton Federation has issued recommendations in accordance with the measures of (for instance) the WHO to reduce the general risk of transmission from acute respiratory infections listed below:

- Participants should aim to keep distance from other people, particularly those who feel unwell and have a cough or sneeze or may have a fever
- Frequent hand washing by participants using soap and hot water or alcohol-based (at least 65–70%) hand rub for 20 seconds
- People with symptoms of acute respiratory infection should practice cough etiquette (maintain distance of at least one meter, cover coughs and sneezes with disposable tissues or clothing, and wash their hands)
- Avoid shaking hands or hugging
- Avoid touching the own mouth, nose or eyes
- Anyone who feels unwell (i.e. fever, cough) should stay at home and keep away from team members, other teams or crowds until symptoms resolve. Stay away from the event when ill!
- In case of symptoms suggestive of acute respiratory illness before, during or after travel, the athletes are encouraged to seek medical attention and share travel history with their National Team Hygiene Officer

3.1.2 Health Screening

- Athletes competing in an IBSF event must monitor their health status continuously (including taking their temperature and monitoring for any symptoms) from 14 days before and during the event.
- Team medical staff present at a Bobsleigh or Skeleton event must monitor the health status of their athletes and team members daily.
- Pre-Testing, Event-Testing and additional Health Checks for all incoming athletes and Organizing Committee staff are mandatory to ensure exclusion of those with potential additional risks (comorbidities, medications), see 3.3.

3.1.3 Wearing a mask

- The use of masks/mouth-nose face protection by volunteers, officials and other accredited clients that are in contact with athletes (e.g. registration, transport, start area, finish area) is mandatory. The use of rubber/disposable gloves by volunteers, officials and other accredited clients that are in contact with athletes (e.g. registration, transport, start area, finish area) is strongly recommended.
- Athletes are advised to wear masks/mouth-nose face protection.
- Please be reminded that when wearing rubber/disposable gloves and masks/mouth-nose face protection, you still need to disinfect.
- The Race Organizer is only responsible for providing masks/mouth-nose face protection and rubber/disposable gloves to its volunteers and staff along with a contingency amount for medical needs. All other accredited clients must bring their own equipment.



3.2 Hygiene Officer(s)

3.2.1 IBSF Hygiene Officer

The IBSF will appoint an IBSF Hygiene Officer at every event that is responsible for the implementation of the IBSF COVID-19 prevention concept. The contact details of the IBSF Hygiene Officer will be communicated to all relevant parties in advance.

3.2.2 Local Hygiene Officer

Each Race Organizer needs to install a Local Hygiene Officer for his event that is responsible for the implementation of the IBSF COVID-19 prevention guidelines as well as the local COVID-19 concept and acts as contact to IBSF and the local health authorities.

3.2.3 National Team Hygiene Officer

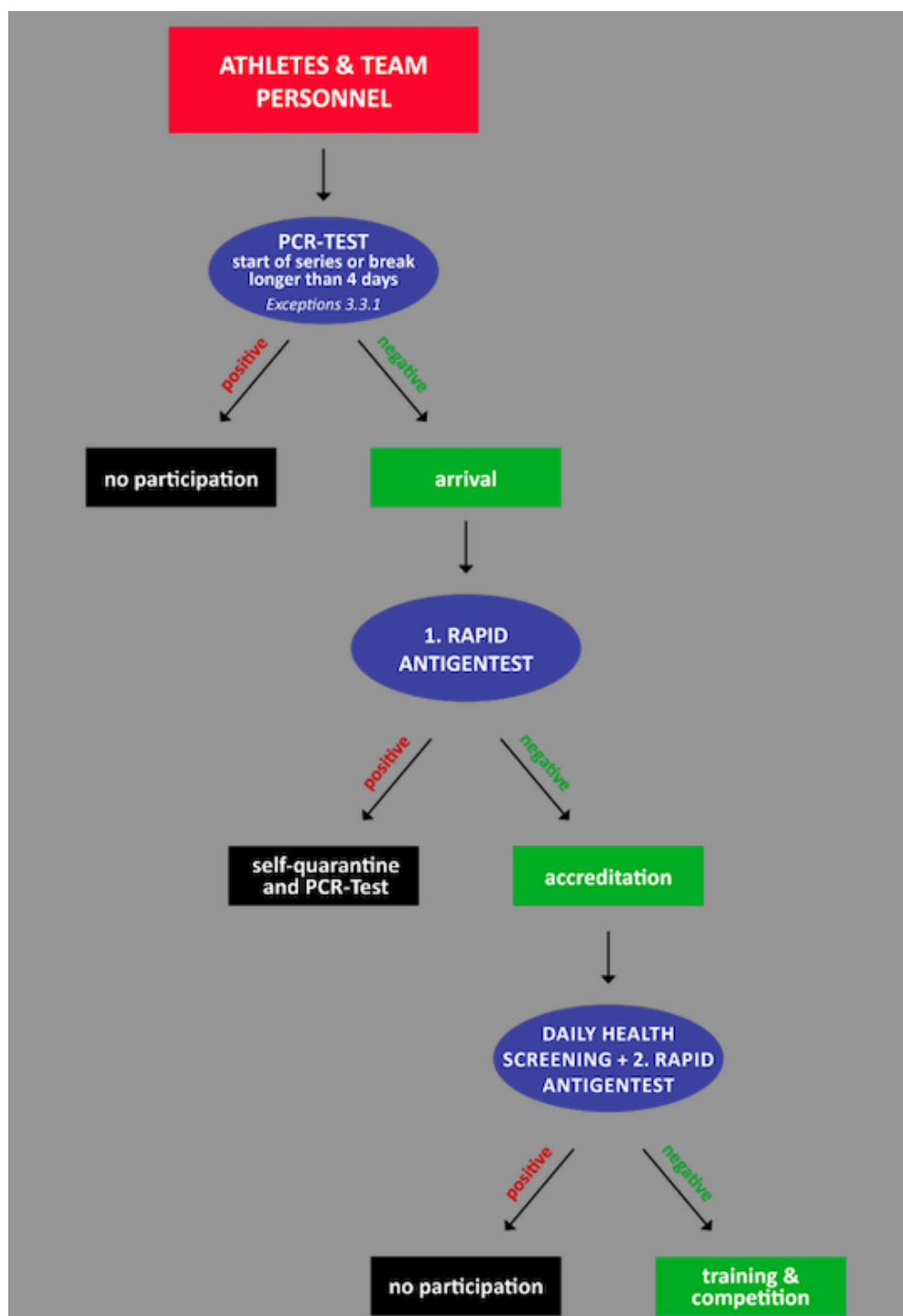
Each National Federation needs to name one of its staff members as National Team Hygiene Officer for each IBSF event series whose contact details are provided to the IBSF before the season. The National Hygiene Officer is responsible for:

- Implementation of the IBSF COVID-19 prevention guidelines within his National Federation before, during and after the respective events
- Alignment and coordination of the internal COVID-19 team guidelines with the IBSF and the Local Hygiene Officers
- Coordination of the internal travel and accommodation guidelines with the hotels, restaurants and other locations that the team will be using during the events
- Educating athletes and staff about the guidelines and the importance of its principles
- Organization of disinfection materials for team use
- Reporting of infections and non-compliance of guidelines to the IBSF and the Race Organizer

3.3 Testing

The purpose of the following testing procedure is to identify participants who may need to have their participation in the event – in whatever form – deferred and to ensure proper case management by competent authorities

Exemplary Testing Procedure:





3.3.1 Before the event (Pre-Testing)

Before entering the event-series for the first time or if a participant had taken a break which is longer than four days and re-enters the event-series, he must be in the position to present a certified negative PCR test result which is no older than 72 hrs.

For verifiably vaccinated participants it is sufficient to present a certified negative rapid test (Antigen test), which must not be older than 48 hours.

Recovered persons who have tested positive for Covid-19 by PCR test method and have undergone quarantine for at least 10 days shall be considered equivalent to vaccinated persons for the period of 90 days from the date of testing, provided that they are in possession of an internationally recognized document of recovery (in English).

REPORTING OF A POSITIVE CASE BEFORE THE EVENT

If any person of the team is tested positive on COVID-19 at the Pre-Test, the National Team Hygiene Officer must inform the local health authority and follow further instructions.

The participant must be isolated from the team immediately and the IBSF Hygiene Officer must be informed.

3.3.2 During the event (Event-Testing)

Before the beginning as well as during the competition week all athletes and team personnel, IBSF staff and service providers will get tested by private medical teams on-site with a rapid Antigen test at each event (usually on Sunday/Monday and Wednesday/Thursday). The result of this tests will approx. be available within 15 minutes.

With the test showing a negative result, the respective person will be able to take part in the competition and/or have access to the venue.

Any deviation/exception from the event test must be cleared in advance with the IBSF Covid Officer.

REPORTING OF A POSITIVE CASE DURING THE EVENT

If any person is tested positive on COVID-19 at the event-test, the respective person will be informed immediately and will be required to self-quarantine. A PCR test will be organized on-site at the person's own expense to confirm or invalidate the result of the rapid Antigen test. The IBSF Hygiene Officer will inform the respective National Team Hygiene Officer as well as the local Hygiene Officer, the contact person of the respective organization and/or the patient herself/himself. The National Team Hygiene Officer must then inform the local health authority with the support of the Local Hygiene Officer (e.g. hotline) and follow further instructions.

The patient must be isolated immediately.

3.3.3 Daily Health Screening

In addition to the Pre- and Event-Testing there will be a daily health screening for all participants (temperature check).

- Athletes and Team Personnel



The temperature check must be performed daily by the National Hygiene Officer on his own responsibility. Any participant with a temperature higher than 37,5 ° is not allowed to enter the venue or participate.

- Other participants
The daily health screening of all other participants (IBSF, Race Organizers' staff, service providers) must also be performed by one designated Hygiene Officer of each stakeholder organization on his own responsibility.

REPORTING OF A POSITIVE CASE OF AN ELEVATED BODY TEMPERATURE

If any person has a temperature higher than 37,5°C, he/she will be declined entering the venue and advised to get a medical check and isolate himself/herself immediately from the rest of his/her group. The Local Hygiene Officer will inform the IBSF to decide if any precautionary measures need to be taken.

3.3.4 Exemplary testing schedule

PRE-TESTING (before entering the event-series or after a break longer than four days)

Pre-Testing with a PCR test will be carried out by the National Federation with a test result not older than 72 hrs. In case of vaccinated participants as well as demonstrably recovered participants an Antigen test result not older than 48 hours is sufficient.

EVENT-TESTING AT THE EVENT SITE

The day of the testing will be announced by the IBSF in coordination with the Race Organizer based on the detailed schedules. In any case the first test must be conducted before the 1st official training starts. The second one should be performed within 3 - 4 days after the first test.

3.3.5 Infrastructure

The Race Organizer needs to provide the necessary infrastructure in close cooperation with the IBSF and free of charge. The engagement of a medical team which is able to conduct the event testing providing the results within 15 minutes (Antigen test) or within 24 hours (PCR test in case of a positive Antigen test) will be discussed between the IBSF and the Race Organizer. All participants will be informed ahead of time where and when the testing will take place.

3.3.6 Test quality

The PCR tests must be conducted by a certified laboratory and meet the international standards for identifying SARS-CoV-2 infections. The event testing with a certified rapid Antigen test provided by the IBSF will be carried out by medical personnel.

3.3.7 Costs for Testing

- Pre-Testing
The costs for the Pre-Testing must be borne by the respective National Federation.
The Pre-Testing costs for all other parties (IBSF, TV production, service providers, Race Organizer's staff) will be borne by the respective parties themselves.



- Event-Testing

The costs of the Event-Testing will be invoiced to the respective parties.

Athletes and Team personnel → IBSF

The costs of any PCR test that may be necessary are to be borne by the person concerned. (e.g. after positive on-site Antigen test).

IBSF staff and officials → IBSF

TV production → Respective party

Service Providers → Each service provider

Race Organizers' Staff → Race Organizer

4 ACCREDITATION GUIDELINES

The IBSF will issue All-Season-Accreditation cards for ALL (!) series. Therefore, the National Federations need to register any athlete, team staff or official through the IBSF Registration and e-license system. Only persons registered through the system will be issued a All-Season-Accreditation.

The All-Season-Accreditation is necessary to enter any (!) IBSF event. This includes IBSF events such as World Cup, Intercontinental Cup, Europe Cup, North American Cup, Para Bobsleigh World Cup and World Championships, IBSF World Championships as well as IBSF Junior World Championships.

The IBSF All-Season-Accreditation will be issued at the start of the season and before the start of the 2nd half of the season, only. On-site accreditation for team members is not possible.

In general, all stakeholders are required to minimize the overall amount of people in order to minimize the risk. It is strongly recommended to review the overall number of persons needed by each stakeholder.

Providing contact details of each person to the local health authorities (only if necessary due to governmental regulations) and thus the contact tracing in case of COVID-19 related symptoms of an accredited person is a key element to guarantee the hosting of the event.

In the case that accredited persons are not following the prevention procedures established in the IBSF COVID-19 prevention concept, they will not be handed out any accreditation or their accreditation card will be removed, they will be asked to leave the venue and the Race Organizer may prohibit access for the future. The IBSF may even impose any athlete or team personnel disqualification or a ban on participation in IBSF events.

The IBSF Hygiene Officer must receive the completed and signed Appendices 2 and 3 (update) electronically at manfred.maier@ibsf.org no later than October 31, 2021.

4.1 Race Organizers' staff

The accreditation requirements for the Race Organizers' staff depend on the requirements and the recommendations of the local health authorities.

The Race Organizer is responsible for the risk mitigation within its event organization and must put the safety of the athletes and team personnel first.

All employees who mix with the "Sports Bubble" must either be vaccinated or recovered and be within the first six months of recovery. Otherwise, the testing procedure as described in point 3 applies.



The physical gathering of the Race Organizers' staff and its volunteers must be kept to an absolute minimum.

The number of volunteers must be reviewed and kept down to the absolute necessary. The working conditions must follow the recommendations established by the local health authorities and should meet the standards of the IBSF COVID-19 prevention concept.

4.2 Spectators

Depending on the respective valid regulations of the local authorities, spectators are allowed at the events on race day. The separation of the "sports bubble" from the "public bubble" must be ensured. If, depending on the regulations of the local health authorities, the Race Organizer decides to grant spectators access to the venue, the local COVID-19 prevention concept must be approved by the IBSF separately. In no way, spectators will have any access to highly sensitive areas.

5 TRAVEL GUIDELINES

5.1 General aspects

The IBSF is aware that travel increases the chances of getting and spreading COVID-19 and therefore advises all participants of an IBSF event to take steps to protect themselves and others. Limit your travel to the minimum necessary. Airports, bus stations, train stations, and rest stops are all places where travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to keep physical distance.

The IBSF therefore strongly recommends taking steps to protect yourself and others during your travel:

- Wear a mask to keep your nose and mouth covered when in public settings
- Avoid close contact by staying at distance from anyone who does not belong to your team
- Wash your hands often or use hand sanitizer
- Avoid contact with anyone who is sick
- Avoid touching your eyes, nose, and mouth.

National Federations and all other organizations (e.g. TV production, service providers) must meet the travel guidelines established within their own concept.

5.2 Travel by plane

All National Federations are asked to organize their trips to the venues where events are being conducted according to currently prescribed travel conditions. This includes strict adherence to all hygiene rules in force for airplane trips. In addition, it is recommended that the national teams sit apart from other air travelers.

5.3 Travel by car

When travelling by car it is recommended that only team members share a car. The number of passengers in one car shall be carefully reviewed. Avoid any unnecessary stops between venues.

6 ORGANIZATIONAL PRECAUTIONS AT THE VENUE

6.1 General aspects

All working spaces and provided facilities must be organized in a way that physical distancing is respected. At the entrance of each facility, alcohol-based hand sanitizers must be available and in all



the key accredited zones (athletes' area, media, offices), hand washing facilities must be provided. Venue cleaning staff is advised to disinfect door handles, toilet handles, bathroom faucet handles, etc. in all areas several times per day.

Room doors must remain open if possible and, if not, should be managed by volunteers to avoid that the different clients touch the door handles.

Closed bins for safe disposal of hygienic materials (e. g. tissues, towels, sanitary products) in all rooms must be provided.

6.2 Schedule for training and competitions

The IBSF, together with the Race Organizer, will adapt the training and competition schedule to minimize contact between the different teams and sports.

The event schedule will be published in due time before the event on the IBSF website.

6.3 Staff requirements

In general, the overall number of people in the venue shall be reviewed by each stakeholder organization and limited to the amount of staff necessary to conduct the event.

The IBSF sports department will discuss and coordinate the number of volunteers and OC staff which is necessary to guarantee the minimum service for sports to host the event in a fair way.

6.4 Venue facilities

Following general rules and, in particular, the rules concerning indoor facilities, apply to all comparable areas connected to the event, i.e. also to areas that are not specified below.

6.4.1 Changing rooms

Each organizer must check the use of the changing rooms and choose the permitted number of people to ensure physical distance. No team officials, spare athletes or similar will be allowed in the dressing rooms. The exact regulation for each venue and event will be announced ahead of time to the Team Captains.

6.4.2 Start area

In the start area the respect of the physical distance is to be guaranteed.

- In general, mouth-nose face protection is mandatory
- Physical distancing is mandatory
- one race director
- one chief of start
- The number of volunteers/helpers is to be reduced to the bare minimum.
- In general, maximum 3 athletes/teams in the immediate start area
 - ready to start
 - in preparation for the start (e.g. "ice bed")
 - „waiting area“(runner cleaning/temperature control)
- 1 official per NF (SKN) / 2 officials per NF (BOB) in the start box

6.4.3 Along the track

The general rules apply for all areas along the track. Wearing masks/mouth-nose face protection is strongly recommended.

6.4.4 Finish area

In the finish area the respect of the physical distance is to be guaranteed

- In general, mouth-nose face protection is mandatory
- Physical distancing is mandatory
- one race director
- one chief of finish
- The number of volunteers/helpers is to be reduced to the bare minimum.
- In general, maximum 4 athletes/teams in the immediate finish area
 - reaching the finish line/arrival at the finish
 - ready for weighing
 - on the scale
 - ready for transport (start or leaving the area)
- 1 official per NF (SKN) / 2 officials per NF (BOB)
- Only the team in the lead may stay in the Leader's box.

6.4.5 Doping control area

The waiting and control rooms will be discussed in detail between the IBSF Anti-Doping Administrator or the IBSF service provider and the Race Organizer.

6.4.6 Media center

Accredited media representatives on the venue must be limited taking into account physical distancing and the available space. Therefore, the number of accredited media representatives is to be limited according to the available working space in the Media Center.

The media center must be prepared with an appropriate distance between each seat and each row of seats, and it is recommended that individuals be strongly encouraged to wear masks/mouth-nose face protection and rubber/disposable gloves when encountering others. The maximum number of media representatives on the photo stand must be established. An appropriate distance must be kept between the photographers, and all available positions must be pre-marked.

In the Mixed Zone, the media representatives must at all times ensure that the physical distance to the athletes is maintained

The media representatives must go through the same health screening process as the rest of the accredited groups (see 3. and 4.)

6.4.7 Media areas (outdoor)

- Photo positions at the start and along the track
 - At the start (outside the functional areas) and along the track no dedicated photographer positions are marked. Photographers are free to move along the track, always keeping an appropriate distance to other photographers and to athletes and team personnel. Wearing masks/mouth-nose face protection is required.
- Photo positions at the finish
 - On the photo stand, an appropriate distance must be kept between the photographers, and all available positions must be pre-marked. Wearing masks/mouth-nose face protection is required.



- **Mixed Zone/Ceremony area**

In the mixed zone/ceremony area, media representatives must always pay attention to maintaining physical distance from the athletes. Wearing masks/mouth-nose face protection is mandatory.

6.4.8 Functional areas (Race office, data/timing, announcer, other offices)

As in all other buildings and other indoor spaces, the number of people allowed shall be established to ensure physical distancing.

In functional (indoor) areas, where it is not possible to keep an appropriate distance, other precautionary measures must be applied (e.g. Plexiglas boards between working spaces).

6.4.9 Grandstands

See 0 for details regarding spectators.

6.4.10 VIP/Hospitality

Given the extraordinary circumstances, the IBSF will discuss with each Race Organizer individually the possibility to install a VIP area on site.

In any case, the protection of athletes and officials is in the foreground in the creation of an appropriate concept.

6.4.11 Sanitary facilities

Venue cleaning staff is advised to disinfect door handles, toilet handles, bathroom faucet handles, etc. in all areas several times per day. Hand washing facilities and alcohol-based hand sanitizers must be provided.

6.5 Guidelines for TV production

The host broadcaster of each event must prepare its own hygiene and COVID-19 prevention concept, including all relevant aspects, which is to be submitted to the event organizer.

See also 3. and 4. for details on the required pre-event measures and the accreditation guidelines.

6.6 Guidelines for Service Providers

The term "Service Provider" refers to all organizations and their employees working on behalf of the IBSF at an event.

All these organizations must have their own hygiene and COVID-19 prevention concept, including all relevant aspects, which is to be submitted to the IBSF.

7 ORGANIZATIONAL PROCEDURE AND HYGIENE PRECAUTIONS AT THE VENUE

7.1 Team Captains' and other meetings

Last season's experience showed that team captain's meetings, technical briefings and the entire competition management can be conducted electronically via email, cloud-based solutions and online meetings to reduce physical interaction.

The Team Captains' Meetings must be organized at a time and date to be agreed upon with the IBSF Coordinator.



If physical presence is required at a Team Captain's Meeting, this will be organized in consultation with the IBSF Coordinator as to time and date.

If meetings are held in closed rooms, the maximum number of participants must comply with the protection of working environment regulations of the respective local (health) authorities.

7.2 Catering

All provided catering services, e.g. to Race Organizers' staff, media representatives, must be delivered according to the hospitality regulations of the local health authorities.

If food is served in closed rooms, the specific local hospitality regulations together with the IBSF COVID-19 prevention guidelines apply.

7.3 Material control

The material control will be conducted according to the IBSF International Rules. The IBSF will discuss with each Race Organizer individually where the control will take place in compliance with the IBSF COVID-19 prevention guidelines. Two IBSF material controllers (BOB & SKN) as well as one Skeleton team official or one Bobsleigh team official may be present during the control. For bobsleigh an additional team official shall be present at the beginning only to grant the correct positioning of the bobsled for the control.

After each training session or competition, the material control rooms must be disinfected.

7.4 Training

- In general, masks/mouth-nose face protection as well as physical distancing are mandatory
- According to a detailed schedule different training days for BOB & SKN are to be planned.
- Delivery of the sleds with mounted runners - „ready to start“
- Use of the changing rooms exclusively for the immediate start-procedure
- Only athletes participating are allowed to enter the changing rooms
- When leaving the changing room in preparation for the start, wearing the helmet is mandatory. Otherwise, masks/mouth-nose face protection is mandatory.
- After the final heat each athlete/team has to leave the track area as soon as possible.
- After each training session the changing/material control rooms as well as all facilities must be disinfected.

7.5 Arrival and changing

- In general, masks/mouth-nose face protection is mandatory
- Physical distancing is mandatory
- Delivery of the sleds with mounted runners - „ready to start“
- Use of the changing rooms exclusively for the immediate start-procedure
- Only athletes participating are allowed to enter the changing rooms

7.6 Warm-up

- In general, masks/mouth-nose face protection is mandatory
- Physical distancing is mandatory
- Maximum number of athletes depending on the size of the warm-up area

7.7 Start preparations, Parc fermé, helmets, etc.

- In general, masks/mouth-nose face protection is mandatory
- Physical distancing is mandatory
- Depending on the number of participants, only one group is admitted to the Parc Fermé – Jury decision on site
- Parc Fermé during the break (races with 2 heats): maximum 2 athletes per sled (BOB), sleds back to the Parc Fermé once - 10 minutes for preparation

7.8 Post-race routine

- In general, masks/mouth-nose face protection is mandatory
- Physical distancing is mandatory
- After the final heat each athlete/team has to leave the track area as soon as possible, with the exception of
 - sleds for material inspection and weight check as well
 - athletes for doping control
 - athletes for victory ceremonies, rank 1 to 3
- 2 IBSF material controller (BOB & SKN)
 - 2 (BOB) and 1 (SKN) team officials present during material inspection

7.9 Mixed-Zone

Interviews will be conducted upon request in compliance with the IBSF Hygiene concept.

- In general, masks/mouth-nose face protection is mandatory
- Physical distancing is mandatory
- The maximum number of athletes admitted depends on the size of the Mixed-Zone

7.10 Transportation of equipment

- In general, masks/mouth-nose face protection is mandatory
- Physical distancing is mandatory
- Transportation to and from the track area is in the responsibility of each National Federation
- Transportation within the track area is in the responsibility of the race Race Organizer
- Different transportation systems for equipment and athletes – sufficient vehicles to ensure „physical distancing“
- Transportation after training/races with mounted runners

7.11 Anti-Doping

Anti-doping procedures under COVID-19 outbreak or pandemic situation are extensively described by the World Anti-Doping Agency (WADA) in the following documents:

<https://www.wada-ama.org/en/covid-19-updates>



7.12 Victory ceremonies

- If possible, all team members of the three first placed teams should participate in the victory ceremony. The regulations on the distance to be kept between the teams classified as well as within the teams must be taken into account. The instructions/recommendations of the organizer or the local health authority must be followed; these may be differing.
- The places 1 - 3 are awarded medals, whereby the entire team, e.g. four-man bob with four athletes, can participate.
- The podium should provide 1,5 m distance between the medalists.
- Athletes will get on the podium and collect their medal from the medal carrier by himself/herself. No flowers and champagne are allowed. The athletes wear masks/mouth-nose face protection and rubber/disposable gloves during this process.
- Only one IBSF representative will be allowed on the stage for each victory ceremony, and he/she is asked not to get in contact with the athletes. This person wears masks/mouth-nose face protection during this process.
- Only one volunteer who prepares the trophies on separate trays for each athlete is involved with the victory ceremonies. This person wears masks/mouth-nose face protection during this process.
- The volunteer must disinfect the trays between the various victory ceremonies.
- Hand shaking or hugs between the athletes must be avoided at all times.

7.13 Activities with physical presence

Opening/closing ceremonies and formal receptions should not be planned so as to minimize the opportunities of mass gathering in small spaces. For any other activities with smaller groups the risk should be assessed, and a decision should be taken by the Race Organizer together with the local health authorities.

8 REPORTING POLICY IN CASE OF A PARTICIPANT'S ILLNESS

The IBSF fully acknowledges and respects that only the local health authorities are legitimized to allow, to ban or to cancel IBSF events at the planned venues for COVID-19 reasons.

The IBSF is making every effort to support the Race Organizer and the local health authorities to provide the best possible general conditions to guarantee risk assessment and mitigation before, during and after the event.

In case of a positive test result, the following communication processes will apply, depending on the phase of the testing procedure.

8.1 Pre-Testing (see 3.3.1)

If any person of a National Team is tested positive on COVID-19 at the Pre-Test (confirmed by PCR test), the National Team Hygiene Officer must inform the local health authority and follow further instructions.

The participant must be isolated from the team immediately and the IBSF Hygiene Officer must be informed.



The IBSF Hygiene Officer together with the Local Hygiene Officer of the upcoming event will inform the local health authorities. The local health authorities will then decide how to proceed with the arrival and participation of the team concerned at the event.

8.2 Event-Testing (see 3.3.2)

If any person is tested positive on COVID-19 at the Event-Test (confirmed by PCR test), the IBSF Hygiene Officer will inform the respective National Team Hygiene Officer and the Local Hygiene Officer. The National Team Hygiene Officer will inform the local health authority with the support of the Local Hygiene Officer (e.g. hotline) and follow further instructions.

The patient must be isolated immediately.

The local health authorities will then decide how to proceed with the participation of the team or the further operations carried out by the respective organization at the event.

8.3 Daily Health Screening (see 3.3.3)

If any person has a temperature higher than 37,5°C, he/she must be declined access to or entering the venue and will be advised to get a medical check and isolate himself/herself immediately from the rest of his/her group.

The respective Hygiene Officer is responsible for reporting the higher temperature.

9 RECOMMENDATIONS AND MEDICAL CONCEPT REQUIREMENTS FOR NATIONAL FEDERATIONS AND OTHER ORGANIZATIONS

Each National Federation or organization is required to prepare its own hygiene concept and submit it electronically to the IBSF Hygiene Officer at manfred.maier@ibsf.org by October 31, 2021, at the latest. The general content of this document must not only apply to the official venue facilities (see 0) and the organizational procedures (see 7), but also to all other facilities that the teams and other organizations are using before, during and after the event itself.

Following information should be listed or referred to in the respective document.

9.1 Hygiene Officer

The designated National Team Hygiene Officer must be a team official or a representative of the organization and present at each event.

- Name, position, contact details

9.2 Travel

The concept should include all preventive measures and recommendations for the provisional itinerary as well as the type of travel and the planned means of transport.

- Between different events
- During the event

9.3 Accommodation

It is recommended that accredited persons are accommodated in single rooms if the circumstances allow. Unless prohibited by applicable hygiene rules, double rooms may also be used.

It should be ensured that the teams interact in small groups or groups made up of members from same disciplines.

In general, the contact with other hotel guests should be avoided to minimize the risk. Arrange different mealtimes than those of other guests. Try to book all rooms on the same floor and avoid having any other guest on that floor.

9.4 Training

All teams must conduct their athletic training according to the hygiene requirements that apply to indoor sports. It should be ensured that the training areas are equipped with the materials needed for proper hygienic conditions – such as sufficient supplies of hand and surface disinfectants as well as suitable hygiene instructions. In addition, the size of training groups should be limited to a maximum of 8 persons.

- On-track
 - In general, masks/mouth-nose face protection is mandatory
 - Physical distancing is mandatory
 - Keep staying at the track as short as possible
- Off-track
 - In general, masks/mouth-nose face protection is mandatory
 - Physical distancing is mandatory
 - The use of public/hotel gyms & training venues should be avoided
 - Wherever possible, use of own training equipment
 - In case of travel „venue to venue“: brief the participants on the principles of hygiene and point out the self-responsibility!

9.5 Physiotherapy (if applicable)

Physiotherapy measures must be limited to the extent necessary. Pertinent hygiene conditions and masks/mouth-nose face protection as well as hand and surface disinfection apply here.

Separate spaces must be organized for physiotherapy, and they must not be used as sleeping rooms at the same time.

9.6 Medical services (if applicable)

It is recommended that all teams are assisted by continuous medical support by a medical expert.

9.7 Guidelines for the daily personal hygiene

- Recommendations for athletes and team personnel
 - Reduce contact to 3rd parties

9.8 Guidelines for working at the venue

- Team settings
- Precautionary measures at the working areas

10 SUMMARY

10.1 Teams

- Each participant must present a certified negative PCR test before participating in a series. Non-vaccinated persons must have a certified PCR test no older than 72 hours; for vaccinated or verifiably recovered persons, a certified Antigen test, which must be no older than 48 hours, is sufficient.
- On-site event testing will be organized by the IBSF and the race organizer prior to the beginning of the 1st official training session and at 3 - 4 days intervals.
- A daily health check is required at the individual's own responsibility. If the temperature is higher than admitted, the person concerned must be denied access or entry to the venue and will be advised to undergo a medical check and immediately isolate himself/herself from the rest of his/her group.
- Wear masks/mouth-nose face protection.
- Keep an appropriate distance from other persons, particularly those who feel unwell and have a cough or sneeze or may have a fever.
- Participants must wash their hands frequently for at least 20 seconds using soap and hot water or rubbing hands with alcohol-based (at least 65-70%) liniment.
- Persons with symptoms of acute respiratory infection should practice cough etiquette (maintain distance of at least two meters, cover coughs and sneezes with disposable tissues or clothing, and wash their hands).
- Avoid shaking hands or hugging.
- Avoid touching your own mouth, nose or eyes.
- Anyone who feels unwell (i.e. fever, cough) should stay at home and keep away from team members, other teams or crowds until symptoms resolve. Stay away from the event when ill!
- In case of symptoms suggestive of acute respiratory illness before, during or after travel, the athletes are encouraged to seek medical attention and to share travel history with their National Team Hygiene Officer.

10.2 Organizing Committees

- Daily health screening is requested.
- Wear masks/mouth-nose face protection.
- All employees mixing with the "Sports Bubble" must be either vaccinated or recovered and be within the first six months of recovery. Otherwise, the test procedure as described under point 3 applies.
- Keep an appropriate distance from other persons, particularly those who feel unwell and have a cough or sneeze or may have a fever.
- Participants must wash their hands frequently for at least 20 seconds using soap and hot water or rubbing hands with alcohol-based (at least 65-70%) liniment.
- Persons with symptoms of acute respiratory infection should practice cough etiquette (maintain distance of at least two meters, cover coughs and sneezes with disposable tissues or clothing, and wash their hands).
- Avoid shaking hands or hugging.



- Avoid touching your own mouth, nose or eyes.
- Anyone who feels unwell (i.e. fever, cough) should stay at home and keep away from the event.
- In case of symptoms inform your Local Hygiene Officer immediately and avoid and stop contact with other persons.

10.3 IBSF, Stakeholder representatives

- Each participant must present a certified negative PCR test before participating in a series.
- Non-vaccinated persons must have a certified PCR test no older than 72 hours; for vaccinated or verifiably recovered persons, a certified Antigen test, which must be no older than 48 hours, is sufficient. Otherwise, the test procedure as described under point 3 applies.
- All employees mixing with the "Sports Bubble" must be either vaccinated or recovered and be within the first six months of recovery. Otherwise, the test procedure as described under point 3 applies.
- On-site event testing will be organized by the IBSF and the race organizer prior to the beginning of the 1st official training session and at 3 - 4 days intervals.
- A daily health check is required at the individual's own responsibility.
- Wear a mask/mouth-nose face protection.
- Keep an appropriate distance from other persons, particularly those who feel unwell and have a cough or sneeze or may have a fever.
- Participants must wash their hands frequently for at least 20 seconds using soap and hot water or rubbing hands with alcohol-based (at least 65-70%) liniment.
- Persons with symptoms of acute respiratory infection should practice cough etiquette (maintain distance of at least two meters, cover coughs and sneezes with disposable tissues or clothing, and wash their hands).
- Avoid shaking hands or hugging.
- Avoid touching your own mouth, nose or eyes.
- Anyone who feels unwell (i.e. fever, cough) should stay at home and keep away from team members, other teams or crowds until symptoms resolve. Stay away from the event when ill!
- In case of symptoms suggestive of acute respiratory illness before, during or after travel, seek medical attention immediately, stay away from the events or any participants and inform the IBSF Hygiene Officer immediately.



11 USEFUL LINKS

- World Health Organization
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

- World Health Organization:
<https://www.who.int/publications/i/item/considerations-for-sports-federations-sports-event-organizers-when-planning-mass-gatherings-in-the-context-of-covid-19-interim-guidance>

- International Olympic Committee:
<https://www.olympic.org/athlete365/ioc-medical-covid-19-hub/>

- International Paralympic Committee:
<https://www.paralympic.org/news/information-para-athletes-and-ipc-members-covid-19>

Appendices 1, 2 and 3

- see attachments

"Sports-Bubble": includes all persons who are directly involved in the sport
(athletes, coaches, support staff, IBSF staff, parts of the Race Organizer, etc.)

"Public-Bubble": includes all persons who are not directly involved in the sport
(spectators, suppliers, etc.)