



COVID-19 PRECAUTION MEASURES & GUIDELINES

APHRODITE CUP 2021

The current protocol concerns the staging of the 2021 APHRODITE CUP International Rhythmic Gymnastics Tournament, to be held on 24-26 September 2021. This document includes all policies and procedures to be followed in the purpose of and during the 2021 APHRODITE CUP Event, aiming at assuring safe competition and protecting all parties against covid-19.

The current follows the “Covid-19 Guidelines and Directives” of the Hellenic Gymnastics Federation, as it has been approved by the General Secretariat of Sports, and the “Medical Guidelines for Competitions and Events during the Covid-19 Pandemic” published by the International and European Gymnastics Federation.

It includes regulations, measures for the protection of public health and procedures to be followed during the event and in the framework of it. In case it is considered appropriate and evaluating the status of the pandemic as we gradually approach the Event dates, the current may be updated as per the directions and suggestions of the medical authorities of the Greek State and the Health Committee of the General Secretariat of Sports.

COVID-19 MEDICAL MANAGER

Manousos Triantafyllos, Specialized Pathologist

MEDICAL SERVICES MANAGER

Nina Kontopoulou, Physiatrist

EVENT DATA – NUMBER OF PARTICIPANTS

Gymnasts: 170

Delegations' Members - Coaches: 100

Judges: 40

Workforce (staff & volunteers): 200

Competition Venue: Faliro Olympic Indoor Hall (Tae Kwon Do Venue)

Event Dates: 22 – 26 September 2021

🇪🇺 22 & 23 September 2021: Official Training



✚ 24 – 26 September 2021: Competition

PARTICIPATION IN THE EVENT – REQUIREMENTS

According to the directions and guidelines of the Hellenic Gymnastics Federation and of FIG, all individuals (participants, judges, coaches, team members) are reminded to make sure that they follow all necessary personal hygiene measures, such as washing their hands with soap regularly, wearing a mask inside the venue and keeping physical distance of at least 1.5m, when possible.

It is noted that all gymnasts and team members, as well as judges, staff members and volunteers will be given the opportunity to have diagnostic PCR or Rapid Test within the Competition Venue. This service will be offered by the LOC Covid-19 Medical Manager, and the relevant expenses (diagnostic test fee) shall be paid by the person interested to take such a test, or his/her delegation. In case you wish to be tested for covid-19, you need to fill in the appropriate Diagnostic Test Request Form, and submit it to Sport Information Desk in the venue.

Testing is possible on:

- Wednesday, 22 September: From 09.00 to 12.00 and from 16.00 to 19.00.
- Thursday, 23 September: From 09.00 to 12.00 and from 16.00 to 19.00.
- Friday, 24 September: From 09.00 to 14.00.
- Saturday, 25 September: From 09.00 to 13.00.
- Sunday, 26 September: From 14.00 to 17.00

GYMNASTS

A. GYMNASTS FROM GREECE:

- Minors:

For a gymnast to be allowed to participate in the event, the relevant certification should be presented:

1. Active Vaccination Certificate, or
2. Recovery from Covid-19 Infection Certificate, or
3. Negative PCR within 72 hours before the first day of competition, or
4. Negative Antigen (Rapid) Test within 48 hours before the first day of competition, or
5. Negative Self Test on the competition day (it applies only to gymnasts under 12).



Note 1: Given that the first competition day is September 24th, and in case there is no vaccination or recovery from covid-19 infection certificate, it is required that the gymnast presents:

- ✓ Negative PCR of September 21st the latest, or
- ✓ Negative Antigen (Rapid) Test of September 22nd the latest, or
- ✓ Negative Self Test on the competition day (it applies only to gymnasts under 12).

For a gymnast to be allowed to participate in the official training on September 22nd and 23rd, she needs to present:

1. Active Vaccination Certificate, or
2. Recovery from Covid-19 Infection Certificate, or
3. Negative PCR within 72 hours before the training day, or
4. Negative Antigen (Rapid) Test within 48 hours before the training day, or
5. Negative Self Test on the training day (it applies only to gymnasts under 12).

Important Note: Self Test is acceptable only for 24 hours.

- Adults:

For a gymnast to be allowed to participate in the event, the relevant certification should be presented:

1. Active Vaccination Certificate, or
2. Recovery from Covid-19 Infection Certificate, or
3. Negative PCR within 72 hours before the first day of competition, or
4. Negative Antigen (Rapid) Test within 48 hours before the first day of competition.

For a gymnast to participate in official training (and in case there is no available active vaccination or recovery from covid-19 infection certificate), negative PCR of 72 hours before training or negative antigen (Rapid) test of 48 hours before training is required.

B. GYMNASTS FROM ABROAD:

All gymnasts have decided to participate in the Event free will. They are fully responsible for the protection of their own health and they take all responsibility in case of eventual danger, harm or damage of their health due to their travel or journey to the Host City.

Following the FIG directions, for a gymnast to participate in the Event, she needs to present:



1. Negative PCR of 72 hours before their arrival in Greece, **and**
2. Negative PCR ή Antigen (Rapid) Test the day they arrive in Greece.

After the Event, and before gymnasts leave Greece, they need to be checked again and take a PCR or Antigen (Rapid) Test.

Note 1: In case a gymnast or any other member of a delegation is sent to quarantine (either due to positive Covid-19 diagnosis or due to having been close to a person diagnosed with Covid-19), all occurring costs (accommodation, meals, transfers, further tests, medical costs, etc.) are to be covered by the individual or the relevant delegation. It is strictly up to the delegation to be informed and become familiar with the Host Country regulations regarding covid-19 and any travel requirements, and also verify the current entry regulations of the specific Event with the LOC, prior to departure.

Important Note: All needed documentation and certification that allows participation in the Event, will be checked each time a gymnast or any other delegation member enters the Competition Venue.

STAFF – VOLUNTEERS

The LOC will make any necessary effort so that the staff and volunteers are vaccinated. If not, the relevant staff member or volunteer shall present negative PCR or antigen (Rapid) test of 48 hours before his/her first shift. PCR or Antigen (Rapid) Test shall be repeated every 48 hours.

JUDGES – COACHES – HEAD OF DELEGATIONS – OTHER TEAM MEMBERS

According to the recommendations of the Hellenic Gymnastics Federation and the International Gymnastics Federation, all judges – coaches – delegation and team members should be vaccinated and able to present active vaccination certificate, or recovery from covid-19 infection certificate. In any other case, they should present:

1. Negative PCR of 72 hours before their first arrival in the Competition Venue, or
2. Negative Antigen (Rapid) Test of 48 hours before their first arrival in the Competition Venue.

PCR or Antigen (Rapid) Test shall be repeated every 48 hours.

To minimize the number of persons present in the Competition Venue to the absolute necessary, each delegation may have only one (1) Head of Delegation and up to three (3) coaches.

SPECTATORS – ACCREDITED VIPs



The Event may be attended by up to 500 invited spectators (an invitation shall be presented at the entrance). This number corresponds to the 25% of the venue stands full capacity.

Adults need to present active vaccination certificate or recovery from covid-19 infection certificate. Minors under 17 may enter the venue presenting negative PCR or Antigen (Rapid) Test of 48 hours before. In case of minors under 12, negative Self Test of the same day is also acceptable.

TRAVEL - ACCOMMODATION - HOTEL

TRAVELING TO/FROM GREECE

Before their travel to Greece, all delegations are asked to get informed about the status for travelling to Greece from abroad (and vice versa), visiting the dedicated website on covid-19 regulations and instructions for travelers, directed by the Ministry of Tourism and the National Public Health Organization.

<https://travel.gov.gr/#/>

ACCOMMODATION

All delegations that have arranged their accommodation via LOC, will be staying in the CORAL Hotel. You may find attached:

- The protocol applied by the Hotel for the protection of public health,
- Certification regarding the adaption by the Hotel of initiatives related to the prevention against the transmission of infectious diseases,
- Hotel's Instructions Sheet to residents,
- A room cleaning form that Heads of Delegations need to fill in and submit to the Hotel reception upon their arrival.

During their presence and stay in the Hotel, all residents and visitors must wear protective mask at all times, when in public areas, keep the appropriate physical distance and follow personal hygiene guidelines. Liquid antiseptic solutions will be available in various areas within the hotel, to be used by residents and visitors.

All meals will be served in a separate dining area, dedicated to the purposes of the Event. Access will be denied to other Hotel residents.

TRANSPORTATION TO AND FROM THE VENUE



Anyone involved in the Event should wear a protective mask transportation and commute to the Competition Venue or the Hotel.

Busses to be used for the transportation of delegations and gymnasts will be regularly cleaned throughout the day and will undergo extensive cleaning and decontamination each night.

Drivers are to follow all guidelines and regulations that apply for the Event's workforce.

Inside busses, gymnasts and delegation members shall sit every two seats, leaving empty space between them and making sure that they follow the rules regarding physical distance.

ENTRY IN THE COMPETITION VENUE - PROCEDURES

Anyone entering the Competition Venue shall wear a protective mask.

There are two differences entrances. The first one is to be used by delegations, staff, volunteers, and judges, while the second shall be used by spectators and accredited VIPs.

At the entrance:

- The temperature of anyone entering the venue is checked with thermometers.
- Anyone entering the venue should present the required documentation and certificates (vaccination certificate, recovery from covid-19 infection certificate, negative PCR/Antigen-Rapid Test/Self Test).
- The name and contact details of anyone entering, as well as the time entering and leaving the venue, are recorded, and the entering person understates that he/she does not have any covid-19 symptom on that day.

The LOC is responsible for keeping such records. All relevant documents and sheets are kept so that it is possible for the National Public Health Organization and other responsible public authorities to proceed to any kind of tracing if it is needed.

Only accredited persons, or spectators with invitation are allowed to enter the venue. All participants, team members, judges, and workforce will receive an accreditation card, which they need to have on them during all time of their presence in the venue. Entry is forbidden without accreditation or invitation.

The LOC has informed in advance anyone involved in the Event about all documents that are needed in order to participate in the Event, the procedures to be followed at entrance, the need to keep safe distances, cleaning procedures and apparatus use measures, as well as the regulations regarding the use of dressing rooms and WCs.



COMPETITION VENUE & CLEANING

CLEANING

The Organizing Committee will make sure that all areas within the venue are thoroughly cleaned before use.

During the entire event, cleaning services will be provided at all times. The cleaning staff will wear uniform, mask, and one-use gloves. Liquid alcoholic antiseptic solution (with pump) will be available in all areas, to be used for hands decontamination. Liquid soap and paper towels will be found in the WCs. After training or any competition day, all venue areas will be deeply cleaned and decontaminated. Products to be used for cleaning shall include antimicrobial agents against corona viruses.

ISOLATION ROOM

The LOC will identify a specific room, well ventilated, within the Competition Venue to be used, if needed, as isolation room in case any person appears covid-19 symptoms during the Event, and until the medical staff takes over and the National Health Public Organization is notified by the LOC for further action.

The isolation room will be fully equipped to ensure the hygiene of anyone present. Protective masks, one-use gloves and protective medical robe will also be available.

DURING COMPETITION & TRAINING

SIGNAGE

Signage will be visible in all competition areas, informing attendants about the guidelines and measures regarding public health protection and personal hygiene.

USE OF MASK

Anyone involved in the Event should always wear protective mask inside the Competition Venue. Gymnasts do not need to wear mask when performing during training or competition.

DRESSING ROOMS

Dressing rooms may be used by one (1) person per 15sqm. That means that the same dressing room may be used by up to six (6) gymnasts at the same time. The use of showers is limited to 50% of capacity.



PUBLIC HEALTH PROTECTION & PERSONAL HYGIENE MEASURES

LOC Members and Coaches need to make sure that physical distance of at least 2m between gymnasts while standing is kept, during, before and/or after competition. It is advised that coaches and gymnasts refrain from physical contact, hand shaking and hugs. After execution, gymnasts are advised to proceed to WCs or dressing rooms and wash their hands with soap.

JUDGES PODIUM - SECRETARIAT

Judges and Secretariat are seated with a distance of 2m between them, wearing a protective mask throughout the Event. In case it is not possible to keep the 2m distance, the Organizing Committee has foreseen so that protective separators (plexiglass) are put between them.

STANDS – SPECTATORS SEATS

On the venue stands, spectators and accredited VIPs will be seated with a distance of at least 1.5m between them. There will be signage forbidding access to intermediate seats, to assure that physical distance is kept.

The Event will be web live streamed, available to those who wish to watch it.

CEREMONIES

The following applies for Award Ceremonies:

- Gymnasts may enter the ceremonies area without mask, always keeping a distance of 2m between them.
- Gymnasts will collect the medal offered to them on a tray, carried by a staff member, who wears mask at all times. The same applies for the diploma to the awarding gymnasts.
- VIPs that participate in the Award Ceremonies escort the staff member that carries the tray with the medals, without having any physical contact with the gymnasts, and wearing mask throughout the ceremony.
- For reasons of photo opportunity, the VIPs stand on the right and left side of the podium, keeping distance from the gymnasts.
- To minimize physical contact as much as possible, the gymnasts are not offered flowers.

HOW COVID-19 INCIDENTS ARE HANDLED



Gymnasts identified as covid-19 cases, fall under the guidelines of the General Secretariat of Sports, as specified in the relevant documents issued and posted in the GSS website (see attached).

Any other delegation member, or workforce member identified as covid-19 case falls under the guidelines of the National Public Health Organization for the general public (<https://eody.gov.gr/wpcontent/uploads/2020/11/COVID19-lixi-karantinas-apomonosis.pdf>)

It is noted that when positive or suspected covid-19 cases occur:

- The LOC Covid-19 Medical Manager as well as the LOC Medical Services Manager are notified immediately.
- The individual is directed to the isolation room, as described above.
- The Covid-19 Medical Manager instructs for a second diagnostic test to be taken. The cost for such a diagnostic test is paid by the individual or the relevant delegation.
- The Covid-19 Medical Manager follows the guidelines of the National Public Health Organization regarding covid-19 cases and informs accordingly the Chairman of the Organizing Committee about the actions that need to be done as to how the contacts of the individual are notified and monitored.

INFORMATION PROVIDED TO PARTICIPANTS

Guidelines on the protection of public health and the personal hygiene will be available at the Venue entrance and in visible spots inside the venue. Such guidelines will highlight the personal hygiene rules, the covid-19 symptoms, the proper behavior during the Event.

The current shall be sent to all participating delegations, judges, staff, and volunteers of the Event via email, and it will be posted on the Event's website.