



**FIG RHYTHMIC GYMNASTICS WORLD CUP
INDIVIDUAL AND GROUP
PALAIO FALIRO, ATHENS
18-20 MARCH 2022**



***Mandatory instructions for the participants with regards to the prevention of
COVID-19***

updated 07/03/22

→ Requirements prior to arrival

It is recommended to perform a 10 days of health monitoring before your arrival. For entry requirements to Greece visit the following link:

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

→ Proof of immunity of COVID-19 for every person above 5 years old

- Proof of vaccination in English in digital or paper form with a clear QR code

Or

- PCR or Rapid test in English a maximum of 48 hours before the scheduled start of the journey

→ Transportation at the arrival

- Participants must comply with regulations at all times such as the wearing of FFP2 masks or face coverings, social distancing, hand hygiene
- The buses will be disinfected after each transport
- Transport drivers should be Covid-19 tested, properly masked and providing as much air ventilation as possible during the time passengers are transferred

→ Vaccination

- The participation for the delegation members is possible even if they are not vaccinated or recovered
- All volunteers and staff need to be vaccinated or recovered

→ COVID-19 testing during the competition

- The first day of the competition and prior to the entrance at the venue, all delegation members must undergo a Rapid test at the relevant structure which will be at an isolated entrance of the facility at the cost of 20,00€ covered by their respected NF
- The first day of the competition and prior to the entrance at the venue, all volunteers and staff must undergo a Rapid test at the relevant structure which will be at an isolated entrance of the facility

- Unvaccinated or non-diseased delegation members will be tested with a Rapid test every second day during the competition at the cost of 20,00€ covered by their respected NF
- Any needed Rapid test for departure, can be provided within the venue at the cost of 20,00€, by filling the relevant pre-order form – appendix 2
- Any needed PCR test for departure, can be provided within the venue at the cost of 60,00€, by filling the relevant pre-order form – appendix 2
- During the competition health monitoring for flu-like symptoms – colds, runny nose, sneezing, sore throat, mild cough, fever – is mandatory for delegations, staff and volunteers – appendix 1

→ The venue

- A maximum of 1200 spectators are allowed to be present at the same time
- The entrance for adult spectators is allowed only for vaccinated persons with the control of the vaccination certification or recovered persons with a valid certification
- For the entrance of unvaccinated young adolescent spectators from the age 13 to the age 17 years old a PCR test of 72 hours or a Rapid test of 48 hours is required
- For the entrance of unvaccinated young adolescent spectators up the age of 12 years old a self test of the same day is needed
- No entry for persons with COVID-19 symptoms (colds, runny nose, sneezing, sore throat, mild cough, fever)
- Before the entrance to the venue all athletes, delegation members, staff, employees, coaches and judges should complete and sign the Pre-Event Health and Responsibilities Questionnaire
- Measuring the temperature of everyone upon entering the venue

→ Requirements for award ceremonies:

- The athletes should keep the 1,5 m distance between each other
- The athletes should not shake hands, nor touch anyone involved in the award ceremony
- The athletes will take their medals and diplomas themselves
- The persons assisting awards wear FFP2 masks and gloves
- Athletes must remain on their own podium step without making any contact with the other athletes

→ Transportation at the departure

- Participants must comply with regulations at all times such as the wearing of FFP2 masks or face coverings, social distancing, hand hygiene
- The buses will be disinfected after each transport
- Transport drivers should be Covid-19 tested, properly masked and providing as much air ventilation as possible during the time passengers are transferred

→ Masks

FFP2 masks are mandatory:

- In all indoor public spaces.
- During the shuttle transport
- For coaches, judges, staff at all times in the venue
- For gymnasts after the training session and during competition when they are not competing.

→ COVID-19 testing after the competition

- Health monitoring for flu-like symptoms – colds, runny nose, sneezing, sore throat, mild cough, fever – is recommended at least 10 days after the competition
- If anyone tests positive for COVID-19 within the monitoring period, he or she must report the result to the LOC
- The LOC or the medical working team for COVID-19 must report to the local health authority and collaborate to trace and check the health condition of any close-contact persons and other participants
- Any needed PCR or Rapid test for departure, will be covered by the respective NF

→ General COVID-19 information

The HoD of each delegation is responsible for daily monitoring the condition of each member of the delegation and the possible appearance of flu-like symptoms – colds, runny nose, sneezing, sore throat, mild cough, fever. The sick members are immediately isolated in a separate room.

The following measures are necessary during the competition:

- Persons with symptoms like colds, runny nose, sneezing, sore throat, mild cough, fever are not allowed in the venue
- It is mandatory for employees, staff, coaches, judges and officials to wear protective FFP2 masks while in the venue
- It is only allowed for the performing athletes to be without mask, but only for training and performing
- Persons without negative PCR or Rapid test result are not allowed to enter the venue and the competition in general
- The participants should try to keep a distance of 1,5 m at all times, avoiding shaking hands and hugs
- The participants should disinfect their hands and shoe soles upon entering the venue

The LOC bears responsibility for the following organizational matters in the venue:

- Placing the instructions on visible places in all premises
- Measuring the temperature of everyone upon entering the venue. People with high temperature (above 37 °C) will not be allowed inside the venue

- Making sure that everyone disinfects their hands with medically approved disinfectant, upon entering the venue
- Maximum 6 people are allowed at the same time in the dressing rooms
- It is not allowed to exchange personal items – bottles, towels etc
- Disinfection of all touchable surfaces in the whole venue – before the beginning of each day and between each group – at around 2 hours
- The staff and employees are instructed to wear FFP2 masks or protective covers and gloves
- The staff and employees are instructed to watch out for symptoms by athletes, coaches, officials and how to react if such symptoms occur
- Avoiding gathering of many people around and at the venue entrances

The venue staff and employees should keep the following measures:

- Keeping safe distances at all times
- Sneezing or coughing in the elbow, not in the palm. If a tissue is used, it is immediately thrown away
- Wash their hands with soap and water as much as possible
- Disinfect regularly the contact surfaces and the apparatus and equipment
- The toilets, dressing rooms, trash bins, common parts, apparatus, premises and all equipment is disinfected as regularly as possible and at least every 2 hours

The athletes, coaches, judges and officials keep the following measures:

- Respect the hygiene measures and conditions in the venue
- Keeping safe distances at all times
- Sneezing or coughing in the elbow, not in the palm. If a tissue is used, it is immediately thrown away
- Wash their hands with soap and water as much as possible
- Disinfect regularly the contact surfaces and the apparatus and equipment
- The toilets, dressing rooms, trash bins, common parts, apparatus, premises and all equipment is disinfected as regularly as possible and at least every 2 hours
- Persons with flu-like symptoms are not allowed in the venue
- Disinfect their hands and shoe soles upon entering the venue
- Provide their own protective FFP2 masks
- The athletes enter the floor areas only in half shoes, no sneakers or other shoes
- It is not allowed for coaches and other supported personnel to step on the floors with shoes or sneakers (in case it is needed they must wear medical overshoes)

On behalf of LOC, we would like to let you know that we cannot guarantee that there will be no COVID-19 cases during our competition.

In the case of confirmed COVID-19 case, the person is isolated and then sent for additional examinations and diagnosis in the medical center, proposed by the health authorities. The LOC is not responsible for costs, resulting from the examinations, additional room and food. These costs have to be assumed by their respected NF.

In case of confirmed COVID-19, laboratory examinations of all contact persons should take place, with accordance to the health authorities. The LOC is not responsible for costs, resulting from the examinations additional room and food. These costs have to be assumed by their respected NF.

In such cases, the Greek health authorities are contacted and if they decide that the whole team should be quarantined, then the respective team should immediately cease its participation in the competition and follows the relevant recommendations.