



IBSF COVID-19 PREVENTION GUIDELINES

Version October, 4th 2022



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. The guidelines may 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. In general, the National Regulations regarding COVID-19 apply to all events. These guidelines are to be considered as supplementary recommendations to the National Regulations.

The final event concept needs to be developed by the Race Organizer in compliance with the currently applicable national guidelines in close cooperation with the local health authorities.

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 take notice of the guidelines 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.

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).

Moreover, it must include the contact details of a testing station (PCR test) in the immediate vicinity of the event location, which is in the condition to perform confirmatory tests during the events.

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:

In general, full vaccination protection (COVID-19) is recommended to all persons involved.

- 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/Sensitization

- Athletes competing in an IBSF event should monitor their health status continuously prior to and during the event on their own responsibility.
- In case of disease symptoms, an antigen test must be carried out at the participant's own responsibility. In case of a positive test result, a PCR test should be performed immediately at the recommended site at the participant's own expense, as further participation in the event is only possible in case of a negative result.
- If needed and by order of the local health authorities, Pre-Testing, Event-Testing and additional Health Checks for all incoming participants and Organizing Committee staff will be performed.

3.1.3 Wearing a mask

- The use of masks/mouth-nose face protection by volunteers, officials and other accredited involved persons that are in contact with the athletes (e.g. registration, transport, start area, finish area) is recommended and may be ordered, if necessary.
- Athletes are recommended to wear masks/mouth-nose face protection in sensitive areas (start area, finish area, warm-up area), where sufficient physical distance cannot be guaranteed, and this may be ordered if necessary.
- In closed areas (e.g. locker room, material control room, closed vehicles), the wearing of masks/mouth-nose face protection is mandatory.

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

The team captain listed in the entry for the respective event is also the contact person as Hygiene Officer of the National Team. 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
- 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

If needed as well as by order of the local health authorities, tests may be ordered. 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

For rapid clarification in suspected cases, the IBSF hygiene officer may order an antigen test for individual persons. The test is carried out as a self-test on site. The test kits are provided by the IBSF. If the result is positive, the procedure described in 3.2.1, paragraph 2 is to be applied.

3.3.1 Before the event (Pre-Testing)

In general, these pre-tests are not foreseen, but can be performed by order of the local health authority or in case of a specific reason/suspicion.

The tests that will be recognized will be announced in good time before the event.

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)

In general, no tests are foreseen during the event. However, by order of the local health authority or in case of a specific reason/suspicion, they may be performed on site on all athletes and team personnel, IBSF staff and service providers by private medical teams by means of a rapid antigen test before the start as well as during the competition week at the event (usually on Sunday/Monday and Wednesday/Thursday).

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 should be performed immediately at the recommended site at the participant's own expense, as further participation in the event is only possible in case of a negative result. 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 treated in compliance with the respective National Regulations.

3.3.3 Daily Health Screening

All participants have to perform a daily health screening on their own responsibility.

- Body temperature (should be below 37.5 degrees).
- Well-being (in case of any complaints showing symptoms of a Covid-19 or flu-like illness, a clarification by medical personnel is mandatory before entering the event)



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 Infrastructure

In the event that tests have to be ordered, 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 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.

3.3.5 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.

3.3.6 Costs for Testing

- Pre-Testing, if applicable
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, if applicable
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, IBSF Junior World Championships as well as the Omega Youth Series.



The IBSF All-Season-Accreditation is to be applied for by the following deadlines: 17 October 2022, 10 November 2022, and 19 December 2022. Details can be found in the mail of 2 September 2022, which was sent out to all Federations.

In general, all stakeholders are still encouraged 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 Appendix 2 electronically at manfred.maier@ibsf.org no later than October 31, 2022.

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.

Full vaccination protection (COVID-19) is recommended to all employees who mix with the "sports bubble."

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 training and race days. In no way, spectators will have any access to highly sensitive areas (start and finish area).



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, especially in closed rooms or large gatherings of people.
- 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.

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.

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.

- Wearing of masks/ mouth-nose face protection may be ordered, if necessary.
- Physical distancing is mandatory
- The number of volunteers/helpers is to be reduced to the bare minimum.

6.4.3 Along the track

The general rules apply for all areas along the track.

6.4.4 Finish area

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

- Wearing of masks/mouth-nose face protection may be ordered, if necessary.
- Physical distancing is mandatory
- The number of volunteers/helpers is to be reduced to the bare minimum.
- 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

The number of 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.

An appropriate distance must be kept between the photographers.

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

The media representatives should 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 of masks/mouth-nose face protection may be ordered, if necessary.

- 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 of masks/mouth-nose face protection may be ordered, if necessary.

- Mixed Zone/Ceremony area

In the mixed zone/ceremony area, media representatives must always pay attention to maintaining physical distance from the athletes. Wearing of masks/mouth-nose face protection may be ordered, if necessary.

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 4.2 for details regarding spectators.

6.4.10 VIP/Hospitality

The Race Organizers will install a VIP area in compliance with their National Regulations.

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.

7 ORGANIZATIONAL PROCEDURE AND HYGIENE PRECAUTIONS AT THE VENUE

7.1 Team Captains' and other meetings

Experience of the last seasons 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.

7.3 Material control

The material control will be conducted according to the IBSF International Rules. The IBSF will discuss with the Race Organizer where the control will take place in compliance with the IBSF COVID-19 prevention guidelines.

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

7.4 Training

- Wearing of masks/mouth-nose face protection may be ordered, if necessary.
- According to a detailed schedule different training days are to be planned.
- 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 or masks/mouth-nose face protection may be ordered, if necessary.
- 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

- Wearing of masks/mouth-nose face protection may be ordered, if necessary.
- In closed rooms, wearing of masks/mouth-nose face protection is mandatory.
- Physical distancing is mandatory.
- 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

- Wearing of masks/mouth-nose face protection may be ordered, if necessary. 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.

- Wearing of masks/mouth-nose face protection may be ordered, if necessary.
- Physical distancing is mandatory
- Depending on the number of participants, only one group is admitted to the Parc Fermé – Jury decision on site.

7.8 Post-race routine

- 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 6
- 2 IBSF material controllers (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.

- The maximum number of athletes admitted depends on the size of the Mixed-Zone

7.10 Transportation of equipment

- 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 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 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 six 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 - 6 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.
- Any physical contacts between the athletes or other teams should be avoided at any time.

7.13 Activities with physical presence

For opening/closing ceremonies and formal receptions the Race Organizer's requirements apply. 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.



The IBSF Hygiene Officer will inform the Local Hygiene Officer of the event on all suspected cases without undue delay.

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

With Signing the IBSF COVID-19 Prevention Guidelines form (Appendix 2), any other concepts become obsolete.

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 are to be indicated in Appendix 2

9.2 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.

9.3 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.

- On-track
 - Physical distancing is mandatory
 - Keep staying at the track as short as possible
- Off-track
 - 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!

9.4 Physiotherapy (if applicable)

Pertinent hygiene conditions and masks/mouth-nose face protection as well as hand and surface disinfection apply here.

9.5 Medical services (if applicable)

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



9.6 Guidelines for the daily personal hygiene

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

9.7 Guidelines for working at the venue

- Team settings
- Precautionary measures at the working areas

10 SUMMARY

10.1 Teams

In general, full vaccination protection (COVID-19) is recommended to all persons involved.

- Tests: In general, neither pre-testing nor event testing is foreseen, but may be carried out upon order by the local health authority or in cases of specific reason/suspicion.
See under point 3.3.
- A daily health check must be performed at the individual's own responsibility. If the temperature is higher than admitted, the person concerned will be advised to undergo a medical check and immediately isolate himself/herself from the rest of his/her group until medical clarification is obtained.
- Wearing of masks/mouth-nose face protection may be ordered, if necessary. In closed areas (e.g. locker room, material control room, closed vehicles), the wearing of masks/mouth-nose face protection is mandatory.
- 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

In general, full vaccination protection (COVID-19) is recommended to all persons involved.

- Daily health screening is to be performed at the individual's own responsibility.
- Wearing of masks/mouth-nose face protection may be ordered, if necessary.
- 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

In general, full vaccination protection (COVID-19) is recommended to all persons involved.

- Tests: In general, neither pre-testing nor event testing is foreseen, but may be carried out upon order by the local health authority or in cases of specific reason/suspicion.
See under point 3.3.
- All employees mixing with the "Sports Bubble" must ensure sufficient physical distancing.
- A daily health check is to be performed at the individual's own responsibility.
- Wearing of masks/mouth-nose face protection may be ordered, if necessary.
- 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>
- International Olympic Committee:
<https://www.olympic.org/athlete365/ioc-medical-covid-19-hub/>

12 Appendix 1, 2

see attachments

13 Definitions

"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.)