



# IBSF COVID-19 PREVENTION GUIDELINES

*Version December 12, 2020*



*The following guidelines have been issued by the International Bobsleigh and 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 taking place as long as it is deemed appropriate by the Local Organizing Committee (Race Organizer) and the local authorities. 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 at the medical section of the IBSF Website download area: <https://www.ibsf.org/de/inside-ibsf/downloads>*



## 1. INTRODUCTION

COVID-19 continues to cause significant challenges. The transition period following the outbreak will be long and the organizers of sport events will be asked to implement all possible measures for respecting the physical distancing and hygiene requirements.

Therefore the Race Organizers must build a relationship with the local authorities based on trust to decide that it is safe to hold sport events. Our sports will be affected as well and we need to look into ways of conducting events in a safer way for the participants, organizing committee staff and service providers.

IBSF is following all the recommendations from the WHO and fully respects and supports the initiatives of the Race Organizers and of the National Health advice of each country on this matter. The IOC has advised that during the evolving COVID-19 outbreak, effective protection of the health and safety of athletes must remain a priority. Under the IOC regulations, event organizers must ensure all athletes are covered by adequate measures to protect their health and that they have access to prompt medical care while participating in the event. Race organizers must put in place preventive measures to stop the transmission of infection and put in place mitigation measures to minimize the risk of infection. Race organizers must ensure that any athlete or participant in an event on their territory who needs immediate medical care is given access to medical facilities.

This document has been put together to provide additional support to IBSF Race Organizers in assessing the specific additional risks, identifying mitigation activities and making an informed evidence-based decision on continuing to host an IBSF sporting event in close cooperation with the local health authorities.

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 15<sup>th</sup>, 2020).

All participating federations, including Athletes and Team Personnel, as well as all other institutions' staff accessing the respective venue (Race Organizers' staff, IBSF staff, TV broadcaster, Service Providers etc.) need to confirm with their signature to follow 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 also available for the use of non-nationals).

Include the information and awareness 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 and Skeleton Federation have issued recommendations in accordance with the measures of e.g. the WHO to reduce the general risk of transmission from acute respiratory infections listed below:

- Participants should aim to keep at least two meters 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 steam rooms or sauna
- Avoid touching their 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 highly encouraged 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 covering 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 covering.
- Please be reminded when wearing rubber/disposable gloves and masks/mouth-nose face covering, you still need to disinfect.
- The Race Organizer is only responsible for providing masks/mouth-nose face covering 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 install 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

Every 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

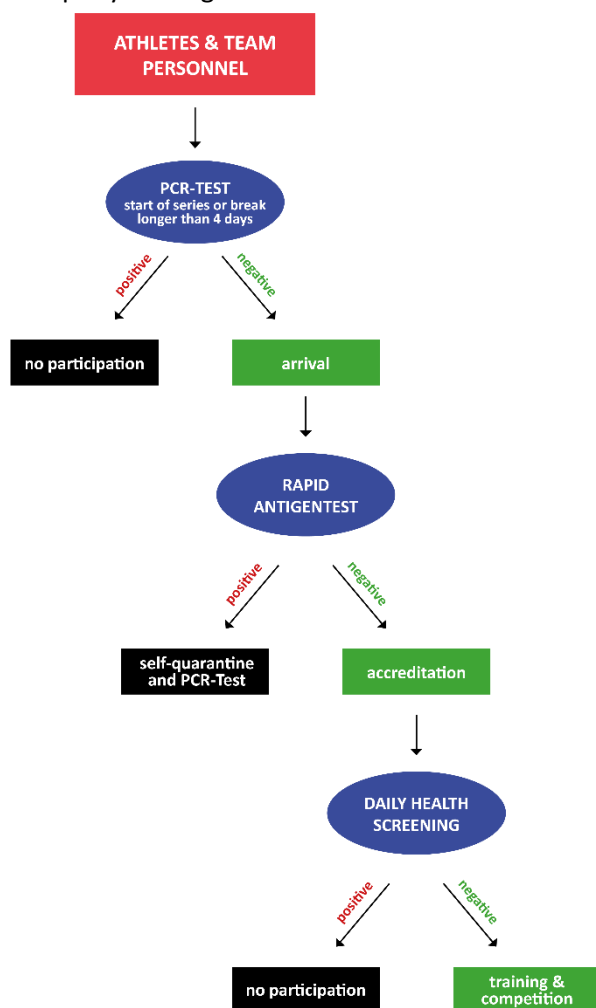
Every national federation needs to name one of his staff as National Team Hygiene Officer for each IBSF event series whose contact details are provided to the IBSF before the season. The National Hygiene Officer is responsible for:

- 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. The implementation of the procedure must be agreed by the local health authorities.

Exemplary Testing Procedure:



3.3.1. Before the event (Pre-Testing)

Before entering the event-series for the first time respectively if a participant had taken a break which is longer than four days and re-enters the event-series he must present a negative PCR test result which is no older than 72 hrs. Those persons who have been tested positive and have been in quarantine for at least 10 days do not require another PCR test within six weeks (=42 days) after the positive PCR test was conducted. In order to comply with this regulation the person must present a document by the local health authority that he was required to be in quarantine and the test result by the laboratory.

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.

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 at the event.



### 3.3.2. During the event (Event-Testing)

Before the first day of the competition week at every event (usually on Sunday or Monday) all Athletes and Team Personnel, IBSF staff and service providers will get tested by private medical teams on-site with a rapid Antigentest. The result of this tests will approx. be available within 15 minutes.

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

All locally-based event staff and Race Organizers' staff will also be tested.

#### 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 put in self-quarantine. A PCR test will be organized on-site to confirm or refute the rapid Antigentest . 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 institution and/or the patient herself/himself. The National Team Hygiene Officer with the support of the local Hygiene Officer must then inform the local health authority (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 and properly documented. Any participant with a temperature higher than 37,5 ° is not allowed to enter the venue or participate.

The daily documentation must be signed by the National Hygiene Officer, presented and handed over at the security check of the venue before entering ideally car by car. The names of all persons in one car/truck must be listed as well as the referring temperature.

- Others

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 group and properly documented. The daily documentation must be signed by the Hygiene Officer, presented and handed over at the security check of the venue before entering. The names of all persons in one car/truck must be listed as well as the referring temperature.

#### REPORTING OF A POSITIVE CASE OF AN ELEVATED BODY TEMPERATURE

If any person shows a temperature higher than 37,5°C, it will be declined entering the venue and advised to get a medical check and isolate immediately from the rest of its 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.



#### 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 test must be conducted before the 1<sup>st</sup> official training starts.

#### 3.3.5. Infrastructure

The Race Organizer in close cooperation with the IBSF needs to provide the necessary infrastructure. The engagement of a private medical team which is able to conduct the event testing and which provides the results within 24 hours 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 test needs to be conducted by a certified laboratory and meet the international standards for identifying SARS-CoV-2 infections. The event testing with a rapid Antigen test will be carried out by medical personnel with certified rapid Antigen tests.

#### 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
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, Europa Cup, North American Cup, Para Bobsleigh World Cup and World Championships, IBSF World Championships, IBSF Junior World Championships.

The IBSF All-Season-Accreditation will be issued at the start of the season and before the start of the 2<sup>nd</sup> 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 needed by each stakeholder.

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

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

Additionally Appendix 2 ff. need to be filled-out and signed and presented to the IBSF Hygiene Officer or a person assigned to on-site.

##### 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 and the local spread of the corona virus.

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.

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 from the local health Authorities and should meet the standards of the IBSF COVID-19 prevention concept.

##### 4.2. Spectators

IBSF currently plans holding its events without spectators to minimize the risk of potential infections.

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 IBSF separately.

In no way, spectators will have any access to high sensitive areas.



## 5. TRAVEL GUIDELINES

### 5.1. General

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 physical distance.

IBSF therefore strongly recommends to take 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 least 2 meters from anyone who is not from 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 institutions (e.g. TV production, Service Providers) need to provide details of their travel guidelines within their own concept (see 9 for details).

### 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 amount of passengers in one car shall be carefully reviewed. Avoid any unnecessary stops between venues.



## 6. ORGANIZATIONAL PRECAUTIONS AT THE VENUE

### 6.1. General

All working spaces and provided facilities must be organized in a way that physical distancing is respected. At the entrance of each facilities, 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 for not allowing the different clients touching 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

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. Zoning

For a better planning process for all involved parties and to trace potential infections, every venue will be divided into five zones (see example below):

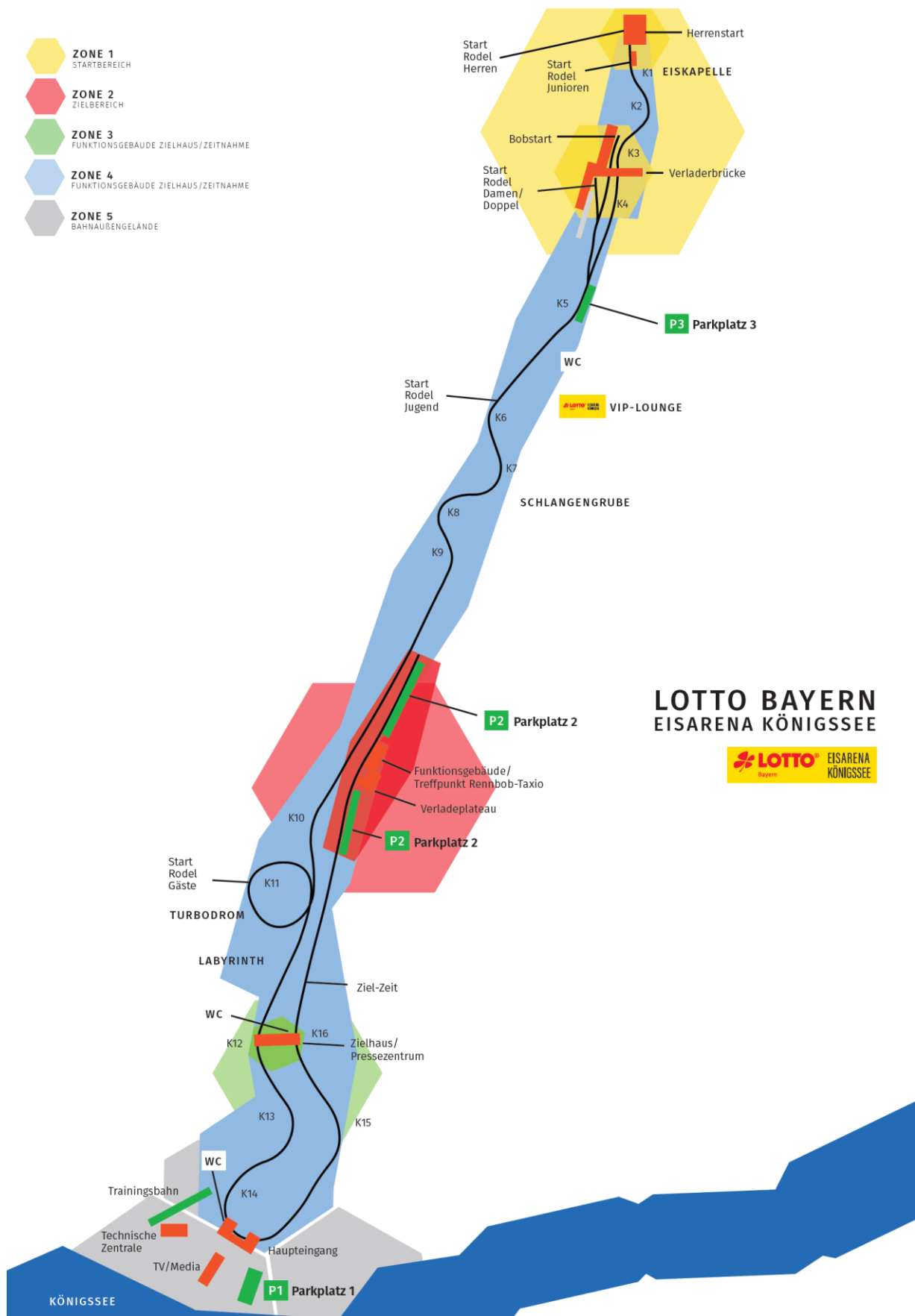
Zone 1 – Start

Zone 2 – Finish

Zone 3 – Function Building(s) / Data&Timing

Zone 4 – Track

Zone 5 – Outside Core Areas





#### 6.4. Staff requirements

In general, the overall number of people in the venue shall be reviewed by each stakeholder-group 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.

#### 6.5. Venue facilities

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

##### 6.5.1. Changing rooms

Each Race Organizer will review the use of changing rooms. In general, 4 qm per athlete is required. The Race Organizer may only allow the next-up-to-the-start athlete (s) as well as the immediately following athlete(s) to use the dressing room. No team officials, spare athletes or similar will be allowed in the dressing rooms. The exact regulation for every venue and event will be announced ahead of time to the Team Captains.

##### 6.5.2. Start area

In the Start area a minimum distance between Athletes and Team Personnel of 2m is mandatory and the number of persons in the Start area is limited by the available space (available space in  $m^2$  / 4  $m^2$  = maximum number Athletes and Team Personnel).

- In general nose/mouth protection is mandatory
- Physical distancing is mandatory
- one race director
- one chief of start
- 4 volunteers - areas of responsibility as follows:
  - 2 for runner cleaning/Parc Fermé
  - 2 for measurement runner temperature
  - 2 for sweeping the start grooves (during the race)
- 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/control temperature)
- 1 official per NF (SKN) / 2 officials per NF (BOB) in the start box

##### 6.5.3. Along the track

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

##### 6.5.4. Finish area

In the Finish area a minimum distance between Athletes and Team Personnel of 2m is mandatory and the number of persons in the Finish area is limited by the available space (available space in  $m^2$  / 4  $m^2$  = maximum number Athletes and Team Personnel).



- In general nose/mouth protection is mandatory
- Physical distancing is mandatory
- one race director
- one chief of finish
- 4 volunteers - areas of responsibility as follows:
  - 1 for safety-reason in the outrun
  - 1 for weighing/protocol
  - 1 for preparing runner-guards
  - 1 for coordination of transport (start or leaving the area)
- additional 4 volunteers (for Women's Monobob only)
  - 4 for safety-reason in the outrun (ensure smooth running of the training/race)
- In general maximum 4 athletes/teams in the immediate finish area
  - reaching the finish line/arrive 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)
- leader-box tbd

#### 6.5.5. Doping control area

The waiting and processing rooms will be discussed in details between the IBSF Anti-Doping Administrator respectively the IBSF service provider and the Race Organizer.

#### 6.5.6. 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 limited by the available working space in the Media Center (available working space in m<sup>2</sup> / 4 m<sup>2</sup> = maximum number of media representatives).

The media center must be prepared with at least 2m between each seat and each row of seats and the wearing of masks/mouth-nose face covering and rubber/disposable gloves when interacting with people is strongly recommended to be enforced. The maximum number of media representatives on the photo stand, a distance of 2m must be kept between the photographers and all available positions must be pre-marked.

In the Mixed Zone, the media representatives must keep a distance of 2m from the athletes at all times.

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

#### 6.5.7. 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 a distance of minimum 2m to other photographers and minimum 2m to Athletes and Team Personnel. Wearing masks/mouth-nose face covering is required.
- Photo positions at the finish





On the photo stand, a distance of 2m must be kept between the photographers and all available positions must be pre-marked. Wearing masks/mouth-nose face covering is required.

- Mixed Zone/Ceremony

In the Mixed Zone/Ceremony area, the media representatives must keep a distance of 2m from the athletes at all times therefore floor marking must be placed. Wearing masks/mouth-nose face covering is obligatory.

#### 6.5.8. Functional areas (Race office, data/timing, announcer, other offices)

As in all other buildings and other indoor rooms, a minimum distance of 2m to other persons is mandatory. The number of persons in the buildings is limited by the available working space (available working space in  $m^2$  /  $4 m^2$  = maximum number of staff).

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

#### 6.5.9. Grandstands

See 4.2 for details on spectators.

#### 6.5.10.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 case the RO decides to have VIP guests and areas these guests must follow the general rules of the IBSF COVID-19 PREVENTION GUIDELINES.

Details shall be discussed between the IBSF and the Race Organizer.

#### 6.5.11.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.

#### 6.6. Guidelines for TV production

The Host Broadcaster of every event must provide its own Hygiene and COVID-19 Prevention Concept which covers all relevant aspects and which needs to be approved by IBSF, the Race Organizer and the local health authorities of the respective event.

See also 4.3 for details on the required pre-event measures and the accreditation guidelines.

#### 6.7. Guidelines for Service Providers

The term Service Providers is understood to refer to any institutions, delivering to and/or operating at an IBSF event, and its staff, among others:

- Accreditation
- Catering
- Data & Timing
- Marketing
- Media Services (Journalists, Photographers)
- Medical services



- Others

All institutions must provide their own Hygiene and COVID-19 Prevention Concept which covers all relevant aspects and which needs to be approved by IBSF, the Race Organizer and the local health authorities of the respective event.

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



## 7. ORGANIZATIONAL PROCEDURE AND HYGIENE PRECAUTIONS AT THE VENUE

### 7.1. Team Captains' and other meetings

The Race Organizer and the IBSF look into ways of conducting Team Captains' Meetings, Technical Briefings and all admin electronically via email, cloud-based solutions and online-meetings, so as to reduce physical interaction.

The Team Captains' Meetings must be organized at a time and date in accordance with the IBSF Coordinator.

If meetings are held in closed rooms, the maximum number of participants must be according to the protection of the 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 served according 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 respecting the IBSF COVID. Two IBSF material controller (BOB & SKN) as well as one Skeleton team official respectively one Bob Team official may be present during the inspection. For bobsleigh an additional team official shall be present at the beginning only to move the bobsleigh in the right position for the control.

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

### 7.4. Training

- In general nose/mouth protection as well as physical distancing is mandatory
- According to detailed schedule different training days for BOB & SKN
- 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
- Leaving the changing room in preparation for the start, wearing the helmet (with closed visor) is mandatory – where possible. Otherwise nose/mouth 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 must be disinfected, as well as all facilities

### 7.5. Arrival and changing

- In general nose/mouth protection is mandatory
- Physical distancing is mandatory
- Delivery of the sleds with mounted runners - „ready to start“ (creation of a plan for the delivery of the sleds?)
- 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 nose/mouth 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 nose/mouth protection is mandatory
- Physical distancing is mandatory
- Delivery of the sleds (with mounted runners-„ready to start“!) will be organized in groups
- Depending on number of participants, only one group is eligible to stay in Parc Fermé – jury decision on site
- Parc Fermé during the break (races with 2 heats): maximum 2 athletes per sled (BOB), once sleds back in Parc Fermé - 10 minutes for preparation

#### 7.8. Post-race routine

- In general nose/mouth 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 & weight check as well
  - athletes for Doping control
  - athletes for victory ceremonies, rank 1 to 3
- 2 IBSF material controller (BOB & SKN)
  - 2 (BOB) & 1 (SKN) team officials present during material inspection

#### 7.9. Mixed-Zone

Interviews will be conducted upon request respecting the IBSF Hygiene concept.

- In general nose/mouth protection is mandatory
- Physical distancing is mandatory
- Maximum number of athletes entering, depending on size of the Mixed-Zone

#### 7.10. Transportation of equipment

- In general nose/mouth protection is mandatory
- Physical distancing is mandatory
- Delivery of the sleds with mounted runners - „ready to start“ (training & races)
- Transport to and from the track area is in the responsibility of each National Federation
- Transport within the track area is in the responsibility of the race Race Organizer
- Different transport for equipment and athletes – sufficient vehicles to ensure „physical distancing“
- Transport 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. Ceremonies

The need for holding medal ceremonies will be assessed carefully. If it is decided that one is needed, following precautionary measures will be taken:

- For 2-Woman / 2-Man / 4-Man Bobsleigh: Only one team representative will be invited to the ceremonies, representing the whole team.
- 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 are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during this process.
- Only one IBSF representative will be allowed on the stage for each ceremony and he/she is asked not to come in contact with the athletes, thus wearing a mask is strongly recommended.
- Only one volunteer is involved with the ceremonies who prepares the trophies on separate trays for each athlete. The volunteer is strongly recommended to wear rubber/disposable gloves and a mask.
- The volunteer must disinfect the trays between podiums.
- Hand shaking or hugs between the athletes must be avoided at all times.
- ~~The VIP and athletes may remove the mask during the photo at the end of the ceremonies.~~

#### 7.13. Physical activities

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

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 destinations for COVID-19 reason.

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 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, 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, the IBSF Hygiene Officer will inform the respective National Team Hygiene Officer and the Local Hygiene Officer. The National Team Hygiene Officer with the support of the Local Hygiene Officer will inform the local health authority (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 institution at the event.

### 8.3. Daily Health Screening (see 3.3.3)

If any person shows a temperature higher than 37,5°C, it will be declined going to and/or entering the venue and is advised to get a medical check and isolate immediately from the rest of its group.

## 9. RECOMMENDATIONS AND MEDICAL CONCEPT REQUIREMENTS FOR NATIONAL FEDERATIONS AND OTHER INSTITUTIONS

Every National Federation and institution is required to present its own hygiene concept to IBSF not later than 15<sup>th</sup> October, 2020.

The general statement of this document must not only apply to the official venue facilities (see 6.5) and the organizational procedures (see 7), but to all other facilities that teams and other institutions are using before, during and after the event itself.

Following information should be listed and 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 institution and present at every event.

- Name, position, contact details

### 9.2. Travel

The concept should explain the provisional travel itinerary as well as the kind of travel and planned vehicles.

- Between different events
- During the event

### 9.3. Accommodation

It is recommended that accredited persons are housed 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, avoid the contact with other hotel guests to minimize the risk. Arrange different meal times than 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 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 sizes of training groups should be limited to a maximum of 8 persons.

- On-track
  - In general nose/mouth protection is mandatory
  - Physical distancing is mandatory
  - Keep staying at the track as short as possible
- Off-track
  - In general nose/mouth protection is mandatory
  - Physical distancing is mandatory
  - Avoidance of public/hotel gyms & training venues



- 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 covering as well as hand and surface disinfection apply here. Separate spaces must be organized for physiotherapy and they must not be used simultaneously as sleeping rooms.

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 personal hygiene in everyday life

- Recommendations for Athletes and Team Personnel
- Reducing contact to 3<sup>rd</sup> 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 negative PCR - test before entering a series
- on site event testing will be organized by the IBSF and the Race Organizer before the 1<sup>st</sup> official training starts
- daily health screening is requested
- daily temperature check documentation when entering the track is mandatory
- wear a mask
- keep at least two meters 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 two meter, cover coughs and sneezes with disposable tissues or clothing, and wash their hands)
- Avoid shaking hands or hugging
- Avoid steam rooms or sauna
- 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 share travel history with their National Team Hygiene Officer

### 10.2. Organizing Committees

- Each member of the Organizing Committee will be tested before the 1<sup>st</sup> official training
- daily health screening is requested
- daily temperature check documentation when entering the track is mandatory
- wear a mask
- keep at least two meters 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 two meter, 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 stop contact with others



### 10.3. IBSF, Stakeholders

- Each participant must present a negative PCR test before entering a series
- on site event testing will be organized by the IBSF and the Race Organizer before the 1<sup>st</sup> official training starts
- daily health screening is requested
- daily temperature check documentation when entering the track is mandatory
- wear a mask
- keep at least two meters 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 two meter, cover coughs and sneezes with disposable tissues or clothing, and wash their hands)
- Avoid shaking hands or hugging
- Avoid steam rooms or sauna
- 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>

## Appendix 1 – 4

- see attachments