



MANDATORY INSTRUCTIONS TO THE PARTICIPANTS IN THE FIG/RG/WC SOFIA 2021 AND IN THE INTERNATIONAL TOURNAMENT SOFIA CUP 2021 WITH REGARDS TO THE MEASURES AGAINST THE SPREAD OF COVID-19

The HoD of each delegation is 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 and fever. The sick members are immediately isolated in a separate room.

With accordance to the orders of the Bulgarian Ministry of Health – Mr. Konstantin Angelov, and of the Bulgarian Ministry of Youth and Sports – Mr. Krasen Krlev, **the following measures are mandatory**, when conducting competitions:

- Persons with symptoms like colds, runny nose, sneezing, sore throat, mild cough and fever are not allowed in the venue.
- It is mandatory for employees, staff, coaches, judges and officials to wear protective mask or other means covering the nose and mouth, while in the venue.
- It is only allowed for the performing athletes to be without mask, but only while training and performing.
- Persons without negative PCR result are not allowed in the venue and in the competition in general.
- The participants should try and keep 1,5 m (or as much as possible) at all times.
- 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 these 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.
- Mandatory 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 wear masks or protective covers and gloves.
- The staff and employees are instructed to watch out for symptoms by athletes, coaches and 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 keep the following measures:

- Keeping safe distance at all times;
- Sneezing or coughing is done in the elbow, not in the palm. If a tissue is used, it is immediately thrown away.

- Wash their hands as much as possible with soap and water.
- Disinfect regularly the contact surfaces and the used apparatus and equipment.
- The toilets, dressing rooms, trash bins, common parts, apparatus, premises and all equipment is disinfected as regularly as possible, but at least once per 2 hours.

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

- Respect the hygiene measures and conditions in the venue.
- Persons with flu-like symptoms are not allowed in the venue.
- Follow these instructions, the FIG Medical Guidelines and all other instructions by Medical personnel and LOC.
- Disinfect their hands and shoe soles upon entering the venue.
- Provide their own protective masks.
- The athletes enter the floor areas only in half-shoes, no sneakers or other shoes.
- It is not allowed for coaches and other supportive personnel to step on the floors or pathways with shoes or sneakers (in case it is needed they must wear medical overshoes)

In case of suspected 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 the costs, resulting from the examinations.

In case of confirmed COVID-19, laboratory examinations of all contact persons, with accordance to the health authorities. The LOC is not responsible for the costs, resulting from the examinations. In such cases, the Bulgarian health authorities are contacted and if they decide that the whole team should be quarantined, then the respective team immediately ceases its participation in the competition and follows the recommendations of the Bulgarian health authorities.

Requirements for award ceremonies:

- 1st to 3rd place for All Around and Finals;
- The athletes are keeping 1.5 m between each other
- The athletes do not shake hands, nor touch anyone involved in the award ceremony
- The athletes take their medals and prizes themselves.
- The persons who award are wearing masks and gloves.

In addition to this, please note that no separate transportation will be arranged. In case your country wants a transport only for their team, they should contact the LOC to check this possibility and the respective additional payment.

PLEASE REMEMBER TO BRING SEVERAL COPIES OF NEGATIVE PCR TESTS, DONE NOT MORE THAN 72 HOURS BEFORE ENTERING THE COUNTRY AND ENOUGH PROTECTIVE MASKS.

For those of you, who have received invitations from the Bulgarian Ministry of Youth and Sports, please also remember to bring copy of the invitation for the Border control.

Lastly, the LOC would like to inform you that Bulgaria will most likely be under lockdown during the two competitions. This will not affect the conduct of the competitions.

Annex 1 : to be completed