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## **Regulations**

**to warn and prevent proliferation COVID-19  
during the Rhythmic Gymnastics World Cup  
Stage**



Translated by LOC

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## Section 1: GENERAL

**1.1. Introduction.** In connection with the threat of the spread of coronavirus infection (COVID-19), the Government of our country has adopted a number of regulations governing the activities of organizations for holding mass sports events and specific measures aimed at reducing the risks of the spread of COVID-19, including "On ensuring the regime isolation in order to prevent the spread of COVID-19 ", where it was ordered to ensure the timely introduction of restrictive measures, as well as the limitation of mass events and the regime of self-isolation.

These regulations establish the main measures for holding the Rhythmic Gymnastics World Cup Stage (hereinafter - the Regulations). It is aimed at minimizing the risk of the spread of COVID-19 among all participants in the competition and was developed taking into account the requirements of the Sanitary and Epidemiological Service of the Republic of Uzbekistan.

For the Rhythmic Gymnastics World Cup Stage, the following measures must be taken:

- timely identification of patients / suspected COVID-19 disease from among athletes, coaches and judges, service personnel;
- systemic clinical and laboratory diagnostics COVID-19 among staff, athletes, coaches, judges (pyrometric monitoring / diagnostics by polymerase chain reaction (PCR) / clinical research);
- regular instruction on correct behavior before, during and after the competition;
- compliance with sanitary and hygienic requirements (hand washing, use of antiseptics, medical masks, gloves), disinfection of premises, materials and equipment, as well as the air environment;
- observance of social distance;
- zoning the sports arena and defining clear measures for different zones;
- social distancing when greeting, contacting staff;
- introduction of additional measures for organizing access and placing spectators in the gym.

Administrative and technical personnel, coaches and judges and athletes - all participants in the Rhythmic Gymnastics World Cup Stage are required to strictly observe the quarantine measures adopted in the republic, personal hygiene rules (washing hands, using antiseptics, medical masks, gloves), and social distance.

**1.2. Laboratory diagnostics.** Organization of the laboratory testing process to identify the pathogen COVID-19 and serological monitoring for admission to competitions of athletes, coaches, judges, medical personnel of the participants of the Rhythmic Gymnastics World Cup Stage.

**1.2.1** The predominant clinical form of COVID-19 is an acute respiratory viral infection characterized by the following symptoms:

- increased body temperature (in 90% of cases);
- cough (dry or small amount of sputum) (80%);

- shortness of breath (55%);
- fatigue (44%);
- a feeling of congestion in the chest (20%).

There may be sore throat, runny nose, decreased sense of smell and taste, signs of conjunctivitis. Also among the first symptoms may be myalgia (11%), confusion (9%), headaches (8%), hemoptysis (5%), diarrhea (3%), nausea, vomiting, palpitations. These symptoms can also be observed in the absence of an increase in body temperature; if one of the symptoms is found, the participants must urgently contact the organizers' medical service.

1.2.2. Diagnostics. The procedure for admitting athletes and personnel to participate in competitions.

None of the following diagnostic methods can with absolute certainty exclude the presence of an infection in the tested person, respectively, in order to increase the information content and reliability, a combination of methods should be used, according to the results of which admission to participate in competitions to the training base is issued.

All teams, as well as the personnel who are in contact with them, are required to undergo a daily physical examination by the team doctor or the medical service of the organizing committee, if necessary, conduct a laboratory examination using the PCR method.

#### **Physical examination.**

A daily physical examination by the team doctor is mandatory.

#### **Laboratory diagnostics**

Materials for laboratory research on COVID-19 are:

- respiratory material for research by PCR (nasopharyngeal and oropharyngeal swab, sputum (if available); blood serum for serological testing (when using ELISA).

#### **PCR - research.**

Laboratory examination by PCR method is carried out for all participants of the competition:

- 72 hours before the date of arrival in the republic;
- when staying on the territory of the republic for more than 7 days - at least 1 time in 7 days;
- if symptoms of an infectious disease appear - immediately.

Athletes and personnel with a positive result will not be allowed to compete. In relation to them, a set of measures is carried out, set out in the Algorithm of actions when a suspicious / confirmed case of COVID-19 is detected in accordance with this Regulation.

**Gymnastics Federation of Uzbekistan (hereinafter the Federation)** it is recommended to conduct outreach work with the staff on the application of the mobile application "Birga yengamiz" (Win Together). This is an application (on the website <https://birgayengamiz.uz/>) for voluntary download and simplification of the process of finding contacts, which, at the initiative of the Ministry of Innovative Development, was created by young programmers of the "Project

Managers” enterprise in order to automate the process of identifying persons who have come into contact with patients. The main task of the application is to identify individuals who have been in close contact with the patient over the past 14 days and, if necessary, isolation to prevent further spread of the virus.

### **1.3. Algorithm of actions in identifying a suspicious / confirmed case of COVID-19 among the composition of athletes, coaching staff, service personnel of the participants in the competition.**

The Federation needs to be in close contact with the territorial departments of the Service of Sanitary-Epidemiological Welfare and Public Health of the Republic of Uzbekistan for timely coordination of actions to prevent the spread of infection if it is suspected or detected.

If a person with a suspicious or confirmed case of COVID-19 is identified among the athletes, coaching staff, service personnel, the Federation is obliged to:

- a) immediately inform the territorial Sanitary and Epidemiological Service and obtain coordination on further procedures;
- b) implement a set of measures aimed at the source of infection, interruption of transmission routes, namely:

- The patient (suspicious or with a confirmed laboratory test) is isolated, hospitalized according to the indications of a specialized team in a medical organization for the treatment of patients with COVID-19, or isolated in a special hotel in case of a mild or asymptomatic course of the infection at the expense of the infected person. The final disinfection of the premises after the departure of the patient or the current disinfection in the presence of the patient during the entire period of isolation is organized.

- The circle of persons who were in close contact with the sick person is determined to carry out appropriate measures among them.

Measures for persons who have come into contact with a COVID-19 case:

- Upon detection of a COVID-19 patient, an employee of the territorial Sanitary and Epidemiological Service conducts an epidemiological investigation of the circumstances of infection and determines the contact group on the basis of regulatory documents (orders of the Ministry of Health, Resolution of the Chief State Sanitary Doctor of the Republic, etc.), taking into account the specifics of provision prevention of the spread of COVID-19 established by this regulation.

- Persons who have been in contact with a COVID-19 patient should be isolated for a period of 14 calendar days, isolation in a special hotel at the expense of the isolated funds.

Athletes, coaches, judges and service personnel with a suspicious case of COVID-19 and who have passed the COVID-19 test, as well as persons who contacted him before the test results were revealed, are not allowed to participate in competitions and remain in self-isolation.



## **Section 2: TRAINING AND COMPETITION AREA**

### **2.1. General principles.**

2.1.1. This section provides the guidelines needed to develop a prelaunch training plan.

2.1.2. The training process should take place in stages:

- Preparatory stage;
- Individual training / training in small groups;
- Team training.

2.1.3. To ensure the safety of athletes, coaches and all staff who come into contact with teams, the following guidelines should be considered:

- drawing up a list of employees, whose presence is required without fail, and their admission;
- approval of the facility on the territory of which training will take place, and the equipment that will be used;
- the sports complex must be used exclusively for the Rhythmic Gymnastics World Cup Stage.
- diagnostics COVID-19 among personnel and athletes should be carried out on a regular basis;
- defining guidelines for the procurement of goods that meet technical requirements and standards set by government agencies;
- development of rules and instructions for disinfection of surfaces of equipment, premises, common areas, as well as disinfection of the air environment of premises;
- the entry of persons not connected with the provision of training to the territory of the sports base is not allowed. Trainings must be organized in such a way as to exclude the intersection of any personnel (with the exception of coaching and medical personnel) with athletes.
- in the training hall, before opening, a general cleaning must be carried out with the use of disinfectants approved for these purposes, including disinfection treatment of sports equipment.

2.1.4. General principles for organizing work for all employees:

- before the opening, general cleaning of the premises is carried out with the use of disinfectants;
- organization of daily contactless monitoring of the employee's body temperature before the start of the work shift,
- in case of detection of an elevated body temperature and (or) with signs of respiratory infections (fever, cough, runny nose), mandatory suspension from being at the workplace;

- clarification of the health status of the employee and persons living with him, information about possible contacts with sick persons or persons who have returned from another country (survey, questionnaire, etc.);
- use of personal protective equipment by workers - a medical mask with a change every 3 hours and gloves;
- organization at the entrance of places for treating hands with antiseptics intended for these purposes (with an ethyl alcohol content of at least 70% by weight, isopropyl alcohol at least 60% by weight), including the installation of dispensers;
- prohibition of entry into units of persons not associated with their activities;
- limiting contacts between employees and visitors by organizing services in compliance with the principles of social distancing of at least 2m;
- restricting the movement of workers during lunchtime and during a rest break: going outside the territory (if any), moving inside the sports complex;
- prohibition of food intake at workplaces;
- allocation of a specially designated room for eating with an equipped sink for washing hands and a dispenser for treating hands with a skin antiseptic;
- wet cleaning of all rooms and common areas 2 times a day, toilet rooms and contact surfaces - every 4 hours using disinfectants;
- airing the premises 3 times a day, disinfection of the air environment using irradiators - recirculators of closed and open types (in the absence of people).

## **2.2. Preparatory stage and requirements for organizational precautions at the training base.**

2.2.1. Before athletes begin training, the following steps must be completed:

- compiled a minimum list of personnel required for training;
- the organizer is obliged to ensure that the training arena has everything necessary for organizing and conducting pre-start training (disinfectants, means for non-contact body temperature measurement, personal protective equipment, training equipment, etc.);
- the equipment used must be regularly disinfected before and after use;
- Entry guards must control access to the training base for athletes and staff. Before entering, these persons should have their body temperature measured in a non-contact manner. Persons with a high body temperature (37 ° and more) are not allowed to the training base.

### **2.2.2. Training base.**

- No later than 1 hour before the arrival of athletes, coaches and referees, preventive disinfection must be carried out in the premises of the training base. All surfaces (Swedish stairs, gymnastics benches, dance machines, door handles, taps, etc.) must be disinfected. The result of preventive disinfection is recorded in the protocol and the room is declared a safe area.

- Everyone entering the training base must wear freshly washed clothes, respiratory protection, go through non-contact thermometry, treat hands with an alcohol-containing antiseptic before entering, and wear gloves.

- Minimize the time spent in changing rooms.

- Arrange for the wearing of masks and gloves during the entire time in the sports facility, with the exception of training on the training mat, warm-up mat and competition.

- During the entire stay in the safe area, at least once an hour - coaches, athletes and accompanying medical personnel must disinfect their hands with an alcohol-based hand sanitizer or wash them with soap.

- Minimize interaction, separate groups of persons not related to the training and competitive process. Access to the training ground, equipment should be only for athletes, coaches, medical escorts and personnel performing cleaning and disinfection. The intersection of personnel and athletes is excluded.

- Carry out a daily medical examination of athletes by a team doctor with thermometry and recording the results in a journal. The organizing committee will issue a special form, in which the team's doctor will enter the data of medical observation of each member of the sports delegation every day.

### **2.2.3. Special recommendations for employees working in certain areas.**

#### **A. Kitchen.**

- nutritionists must work remotely. The training base should have chefs who prepare meals for athletes and coaches;

- collective food intake is not recommended. Meals for athletes should be individual with seating at the table through one;

- utensils (if it is impossible to ensure one-time use) are processed by immersion in disinfectant solutions.

Kitchen management should adhere to the following principles:

- the kitchen should be closed while no one is working in it;

- the strictest control of compliance with the rules of hygiene in the kitchen;

- chefs are responsible for opening the kitchen, they must disinfect their hands before entering the kitchen;

- all food must be stored in a closed kitchen with only one access;

- gloves and hygiene masks must be worn at all times. Gloves must be changed regularly so that the current rules of hygiene in the kitchen can be observed;

- one person has to clean the kitchen after the cooks work; the cleaner must close access to the kitchen as soon as he finishes cleaning.



### ***B. Changing rooms.***

Changing rooms - in order to minimize the risk, the presence of personnel in changing rooms should be limited as much as possible;

- Personnel responsible for cleaning locker rooms are required to wear gloves and masks and be regularly tested for COVID-19;
- it is necessary to monitor the cleanliness of this area, here the surfaces and the air must be disinfected after each use;
- cleaning toilets, sinks and plumbing should be done daily, carefully and avoiding sprayers;

### ***In .. Room for physiotherapy and massage.***

- The physical therapist and massage therapist should wear a mask and, as far as possible, gloves.
- New gloves and a mask should be provided for each new patient.
- The massage table or couch should be protected with a clean towel or disposable paper towels, which should be discarded after use. Particular attention should be paid to the cleanliness of this room, given that it is a hazardous area.

### ***D. Transport.***

- The organizer is responsible for transporting the members of the main team to the training site and competition arena.
- The organizer will provide transport with sufficient seating to ensure that the rules are followed and that only seating is used.
- All bus passengers must wear respiratory protection (masks) and gloves.
- The vehicle is cleaned and disinfected on a daily basis all running surfaces that people touch (for example, the surface of plastic parts).
- On daily trips, groups of the same delegations must be transported together on a schedule from the teams' place of residence to the sports arena and back.
- All drivers are required to wear gloves and masks at all times, and be tested regularly for COVID-19.
- the use of food and drinks in transport is prohibited

### ***E. Use of training equipment.***

- Athletes' equipment must only be used by these athletes and, if necessary, by the team coach.
- Training and competition items are recommended to be disinfected before and then after each training and competition.

### ***E. Hotel Recommendations.***

- It is recommended, when staying at a hotel, that each member of the team stay in a separate room. In addition, it is recommended that each room be treated as a temporary "home" for each team member.

- In the absence of training, athletes are encouraged to spend their time in their rooms, it is forbidden to leave the hotel territory without good reason.
- Meetings are not recommended, regardless of whether they are held in a common room or in a bedroom.
- Visiting gyms, spas and hotel bars is prohibited.
- Hand sanitizers should be available in the hallway when entering the hotel.
- Masks must be provided by the Competition Organizer for the participants of the World Cup Stage when they are outside their rooms.
- It is recommended that you do not press the elevator buttons, do not touch the railings and doorknobs with your hands (using your elbow is recommended).
- Avoid using other people's personal gadgets.
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### **Section 3: ORGANIZATION OF COMPETITIONS.**

#### **3.1. Preparation and monitoring of the state of the sports arena.**

3.1.1. The pre-competition meeting will be held at the sports complex.

3.1.2. Not later than 2 hours before the arrival of the persons participating in the preparation and organization of the competition, the territories of the planned location of people must be disinfected in accordance with the current directive documents of the Ministry of Health of the Republic.

The surfaces of any elements of furniture and equipment (door handles, taps, etc.) must be disinfected. The implementation of these activities is recorded in the protocol and provided to the chief medical officer.

3.1.3. As part of the preparation of a sports event, it is necessary to ensure compliance with the following activities and principles:

- instructing the specified persons on the measures established by this Regulation;
- any activities requiring active interaction of a group of people should be minimized;
- wearing medical masks and hand hygiene are the main measures to prevent and control the spread of infection. Dispensers for hand sanitizers should be installed in the designated areas and marked with visual markings. It is necessary to appoint responsible persons for their maintenance and refueling.

3.1.4. Providing zoning of the sports facility.

<b>Green Zone</b>	Competitive playground		Referee podium
<b>Green Zone</b>	Choreography	Training grounds Changing rooms	Judges' rooms

<b>Yellow zone</b>	<b>Tribunes</b>	<b>Media zones</b>	<b>Auxiliary premises</b>
<b>Yellow zone</b>	<b>Parking places</b>		<b>Places behind the sports facility</b>

In the sports arena during training and competition, a "green - clean zone" stands out.

3.1.5.1. The "green zone" is:

- Competition platform;
- Training zones;
- Choreography halls, changing rooms;
- Referee rooms, technical board rooms, doping control rooms);

3.1.5.2. The "Green Zone" contains:

- Participants of the World Cup Stage;
- Chairman of the Technical Committee for Rhythmic Gymnastics - 1 person;
- Judges - 40 people;
- WADA employees - 3 people;
- FIG technical delegate - 1 person;
- Member of the FIG Executive Committee - 1 person;
- FIG employee - 1 person;
- Expert from the equipment supplier - 1 person;
- Organizer's managers - 5 people;
- Organizer's press secretary - 1 person;
- Media service specialists - 2 people;
- Representatives of the Main Broadcaster - 9 people;
- Evacuation personnel with a stretcher and an evacuation vehicle driver - 5 people;
- Persons carrying out maintenance and operation of the judicial counting equipment - 5 people;
- Representatives of the maintenance service, taking into account the necessary needs for a specific sports complex (porters, carpet cleaners, technicians serving LED screens, lighting and music accompaniment of competitions, IT-specialist) - up to 20 people;
- Contróllers-stewards or employees of the security organization, according to the arrangement specified in the action plan and FIG accreditation rules for ensuring public safety and public order during the World Cup Stage;
- Ambulance service representatives - 4 people.

3.1.5.3. Employees accredited in the Green Zone are prohibited from moving to other areas.

3.1.5.4. Persons accredited in the "Green Zone", with the exception of referees, are prohibited from approaching at a distance of less than 1.5 - 2 meters to athletes and other team members.

3.1.6. The organizer of the competition controls the movement of the sports facility, before, during and after the competition, in order to limit contact between people within the zones.

3.1.7. Access control to the Green Zone is carried out in accordance with the FIG accreditation rules.

3.1.8. In the "Green Zone" it is necessary to ensure the implementation of the following measures:

- At all entrances / exits from the sports complex, disinfection racks / dispensers must be installed, as well as visual boards with a description of the sanitary and hygienic regime in force in the sports complex. When entering the "Green Zone", it is necessary to provide 2 separate entrances.

**3.2. Tolerance in "The green zone" of team delegations, referees' teams, service personnel, photo and video operators, security personnel is carried out in accordance with the FIG accreditation rules.**

3.2.1. Permission to access and participate.

- Only those persons who do not have any symptoms of the disease are allowed to enter the "Green Zone" in the sports arena. These individuals must be negative for COVID-19 by PCR upon entry into the host country.

The organizing committee provides athletes, coaches and administration with the necessary means for their own protection (minimum requirement: gloves - 1 pair, masks - 3 pieces per day). All disposable gloves and used masks must be thrown away at the end of training or competition in designated containers.

Team members must:

- Always wear masks except when stepping on the carpet during competition and training.
- Refrain from shaking hands.
- Refrain from transferring personal belongings and gymnastic equipment to others.
- Have a personal drinking bottle.
- Exchange of any things is prohibited.
- Avoid close contact with other team members after displaying the score.

Requirements for all competitors to check the temperature:

- First: before lights out one day before the competition;
- Second: at 08:00 am on the day of the competition. The Team Physician will notify the Team Manager or Designated Representative of the results by 10:30 am.
- Third: upon arrival at the competition (conducted by the organizing committee).



### 3.2.2. Access control / measures.

- Checking the temperature of all personnel of the sports facility: such as employees, competition officials, representatives of media systems and counting equipment, guests.
- Everyone entering is obliged to disinfect their hands when entering the sports arena. Likewise, in all areas of the sports arena, social distance must be maintained at all times.
- Persons on the territory of the sports facility must wear masks and gloves. Only athletes and coaches have the right to take off masks and gloves during training and competition.

### 3.2.3. Arrival / departure.

- Upon arrival / departure of teams, it is necessary to observe generally accepted sanitary and hygienic measures (protective masks, gloves, disinfectants, etc.).

## 3.3. Accreditation.

3.3.1. In the conditions of distribution COVID-19 to avoid crowds -the organizer will prepare accreditation documents in advance and hand them over to the team representatives at the airport upon arrival of the delegations or at the hotels where the teams will be staying.

## 3.4 Requirements for transport.

3.4.1. The bus should be disinfected before the team enters and after the team leaves.

3.4.2. All drivers are required to wear gloves and masks, as well as provide the organizing committee with the results of the COVID-19 drivers test by the PCR method, performed at least 48 hours before the organization of the transportation of participants in the sporting event.

## 3.5. Arrival of teams to the sports arena.

- Sports delegations come to the competition arena only by transport provided by the organizing committee, when entering the sports arena and when moving in its zones, the distance between the gymnasts and the staff must be increased (at least 1.5 - 2 meters).
- It should be noted that after the arrival of the Teams to the sports arena, no one can come and go from the "Green Zone". This is necessary for better daily supervision of the same people during the organization of the event.

## 3.6. Use of changing rooms.

3.6.1. Any adjoining dressing rooms must be used by the teams to ensure social distance. When using these rooms, they must also be disinfected.

## 3.7. Post-control and recording of the results of compliance with the safety protocol.

3.7.1. At the end of the competition, the organizers are obliged to provide basic disinfection measures for the premises of the sports facility.