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# **Guidelines for International competition within the Covid-19 pandemic**

**“Cairo ART World Challenge Cup”**

**(Seniors- MAG &WAG)**

**Cairo , Egypt  
June 3<sup>rd</sup> – 06<sup>th</sup> ,2021**

**Guidelines for Local Organizing Committees (LOCs) and the participation Federations**

## **1. General Information:**

Egyptian Gymnastics federation (EGF) has created these ***Guidelines for the Cairo World Challenge Cup competition within the period of Covid-19 pandemic*** to provide support to Local Organizing Committees (LOC), participants and all persons involved in this event regarding the setup of all necessary processes for the health and safety of all persons at the event, based on recommendations of the World Health Organization (WHO).

All events are operated according to these guidelines and according to governmental regulations of the host country. All accredited persons must adhere to these guidelines and regulations at the event. As the Covid19 situation changes rapidly, a version updated for each event will be published together with the work plan. It is responsibility of the delegation to also follow the latest information of health authorities.

All participants choosing to participate in an event are responsible for their own health- and travel- related risks and shall also follow the recommendations of their own country on this matter.

EGF will follow “Medical Organization of the FIG (International Gymnastics Federation) Competitions and Events” and “Medical Guidelines for FIG Competitions and Events during the Covid-19 Pandemic”.

The FIG, the LOC members and all the participants must respect the laws and regulations of Egypt and local ministry of health updated regulations at the events held in Egypt during the pandemic.

Laws and regulations set by national and local governmental authorities must always prevail over the requirements and recommendations specified in the present Safety Procedure.

EGF will appoint the Chief Medical Officer (CMO) of the event as the director of the medical working team for COVID-19. EGF will make sure that both the Director and the Medical working team members have sufficient knowledge of COVID-19 and appropriate channels specialists on COVID-19, testing protocols and public health.

If a person is sent to quarantine (either due to a positive Covid19 diagnosis or due to having been close to a person diagnosed with Covid19), all occurring costs (accommodation, meals, transfers, further tests, medical costs, etc.) are at the responsibility of the person resp. the delegation.

EGF, in close cooperation with local authorities, will decide whether or not the event accepts spectators based on the health and social context of the country.

## **2.General Plans:**

### **2.1: Medical service:**

- The official CMO is responsible for all medical operations and must be present on- site during opening hours and be reachable at all other times. An assistant to the official LOC doctor must also be a licensed medical practitioner and must be fully informed of all matters. Tasks must be fully delegated in the event that the official LOC doctor cannot be present because he is absent for important reasons.
- The official CMO works in conjunction with local health authorities, local hospitals and health care providers on public health communication protocols and emergency services. Protocols have to be defined specifically for the isolation and transport of patients suspected of being infected with Covid-19.
- The medical service covering the competition must have adequate space for social distancing, protection between treatment sites, good ventilation, hand washing stations with hot and cold running water, and an adequate supply of personal protective equipment, in particular face masks, and disposable rubber gloves.
- It must have enough thermometers to check the temperatures of all accredited people.

### **2.2: Arrangements for suspected and actual COVID-19 cases:**

- The LOC determines with the local health authorities the procedures for the care and isolation of people suspected or diagnosed with Covid-19. An emergency plan valid in the host country including the procedure for individual Covid19 cases as well also the planning in case a large number of persons needs to be quarantined needs to be provided before the event.
- **If a positive Covid19 case occurs during the event:**
  - The CMO must be immediately informed.
  - The person must be quarantined immediately in the isolation room.
  - To inform the local public health authority and cooperate with them on the next steps.
  - Full report provided to EGF; name of person confirmed with COVID- 19, National Federation, locations of the individual from the time of arrival to the country, date when symptoms started to show.
  - All members of the country's delegation must be isolated in the hotel and be observed for symptoms related to Covid19.
  - Contact tracing to be done to track anyone who may have been in contact with the person. The LOC handles the contact tracing for the period on site. The delegation is responsible to ensure contact tracing for the travel period.
  - If anyone starts to feel unwell and/or exhibit symptoms of COVID-19, the person must contact the LOC to arrange medical support.

## **3.Health screening of all accredited people before and during the event:**

- Daily monitoring of the health status of athletes and delegation members must be

performed by the team medical (or if not available, the head of delegation) for 10 days before and during the event. This has to include taking daily temperatures and monitoring symptoms related to Covid-19.

- **The head of delegation must hand in negative Covid19 PCR test results not older than 48 Hours before arrival of all delegation members at the accreditation. The documents must be from an official test laboratory, include the names of the delegation members .**
- **PCR test will be done on the day of arrival for all Athlete/participants/LOC at official Hotel and the Vaccinated participants will also be tested.**
- **Incase another PCR is required for delegations based on their country or flight tickets provider regulations before departure from Host country ,LOC Will provide a PCR test which will cost ~ 100 dollars per person and Head of delegation shall inform LOC upon accreditation or within orientation meeting.**
- Gymnasts and coaches shall avoid risky habits on the FOP. The unsafe practices related to virus transmission are:
  - Spitting on the hands before performances
  - Shaking hands with or hugging others.
- All accredited persons must complete a pre-competition health- and responsibility questionnaire prior to arrival at the venue. The questionnaire can be found in appendix 1 and has to be handed in at the accreditation.
- The LOC will measure the temperature of everyone who enters the venue on a daily basis. Anyone with a temperature above 37.5 °C must report to the LOC medical centre immediately. Accredited persons with an elevated temperature must have a measurement of their oxygen saturation. Any accredited person in the venue with a temperature above 37.5 °C and a saturation below 95% should be assessed for possible Covid-19. The implementation of these procedures must be approved by the local health authorities.
- The LOC doctor and the medical team are responsible for establishing this process with the relevant local health authorities.

#### **4.Use of a nose-mouth face mask and disposable rubber gloves:**

- The use of disposable masks in the venue is mandatory for accredited persons and all spectators (8 years and older), except for gymnasts during competition, training and warm- up.
- During the running of the competition, while seated, judges and persons at the competition management table may decide to replace a mask with a transparent protective face shield. A mask has to be worn again when the person leaves the seat during breaks / after the competition.
- Gymnasts not wearing a mask are responsible to observe social distancing with space blocked to any other delegation. The mask can be taken off only at the entrance to the

FOP and has to be worn again from the exit onward. In the training- /warm-up halls the mask can be taken off at the first apparatus and has to be worn again after having finished at the last apparatus.

- All accredited persons are advised to wear masks also during any out-of-competition activity.
- It is the responsibility of the delegation to bring a sufficient number of masks and gloves to the event.
- The LOC will provide an emergency supply of masks and gloves.

#### **5. Conduct of all participants in the event:**

##### **5.1: Basic prevention rules and individual responsibility**

- The Egyptian gymnastics federation (EGF) has issued the following general recommendations in line with WHO prescriptions to reduce the risk of transmission:
  - Wash your hands regularly with soap and water for at least 30 seconds
  - Avoid touching your eyes, nose or mouth with your hands
  - Respect physical distancing
  - Isolate yourself if you have symptoms of Covid-19

##### **5.2: Other recommended measures to be implemented:**

- Sharing of equipment, especially water bottles and tumblers, is prohibited.
- Any accredited person who feels ill does not enter the venue and must inform the official LOC doctor by phone via the number provided on the accreditation card.

#### **6. Venue, FOP, warm-up and training halls:**

- All facilities, workspaces, meeting rooms and offices provided must be organized in a way that respects social distancing.
- At the entrance of the venue an alcohol-based hand disinfection fluid will be available.
- In all areas of the venue hand washing facilities will be provided.
- At the entrance, participants must be reminded to keep a social distance from everyone apart from members of their own team. The delegations are responsible that each of their members respects this.

#### **7. Award ceremonies:**

- Medal will be disinfected prior to the ceremony.
- Athletes will collect their medal themselves from during award ceremonies.
- Hostesses are required to wear a protective mask and gloves.

The gymnasts are not required

- There will be NO medals presenters during event as per local health authorities' regulations.

#### **8. Doping control:**

Doping control will be implemented with strict protective measures for both gymnasts and sample-collection personnel according to the World Anti-Doping Agency's COVID-19 guidance for Anti-Doping Organizations.

**9.Appendix 1 : Pre-Event Health- and Responsibilities Questionnaire:****To be completed by each accredited person**

**By the below signature I confirm to follow these Covid19 guidelines for 1<sup>st</sup> Cairo World Challenge Cup 2021 event as well as the regulations of the health authorities of the host country at all times during my stay at the event as well as during travel to and from it.**

<b>Name</b>	
<b>Federation of</b>	
<b>Permanent address</b>	
<b>Phone number</b>	
<b>Email address</b>	
<b>Countries visited during the last two weeks</b>	

<b>Within the past 10 days, have you...</b>	<b>YES</b>	<b>NO</b>
Had close contact with anyone diagnosed as having Coronavirus disease COVID-19?		
Provided direct care for COVID-19 patients?		
Visited or stayed in a closed environment with any patient having Coronavirus disease COVID-19?		
Worked together in close proximity, or sharing the same classroom environment with a COVID-19 patient?		
Travelled together with a COVID-19 patient in any kind of conveyance?		
Lived in the same household as a COVID-19 patient?		
Been in quarantine?		
Tested positive to the swap PCR test?		

<b>Have you experienced any of the following symptoms now and in the previous 10 days:</b>	<b>YES</b>	<b>NO</b>
Fever		
Cough		
Fatigue		
Dyspnoea		
Myalgia		
Sore Throat		
Chest Pain		
Congestion/Coryza		

Headache		
Chills		
Nausea/Vomiting		
Diarrhoea		
Anosmia/Dysgeusia		
Chilblains/Pernio		

**Signature of the person to be accredited  
(for gymnasts and under 18: signature  
of a parent)**

**For delegations only:  
Additional signature of the  
medical doctor of the delegation  
(or medical doctor responsible for NF)**

**For delegations only:  
Additional signature of the  
head of delegation**

**This form will be kept until 4 weeks after the end of the competition.  
The records will be destroyed after this date.**