



### ISMF COVID-19 CHECK-LIST - 2020-21 SEASON

Date:

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Information/Item	Pre-visit		Pre-event Meeting		Post-event	
	Tick off when done	Notes	Tick off when done	Notes	Evaluation	Notes
Involvement and close cooperation with <b>Health Authorities</b> to support the work in order to establish the appropriate measures to follow						
<b>Prevention &amp; Mitigation Plan</b> and <b>Risk Assessment Plan</b> following the local/national rules and regulations						
<b>LOC Covid-19 Coordinator</b> designated for the medical response plan, aware of the local procedures and rules and in contact with the nearby hospital or medical structure allowed to host and deal with Covid-19 patients (with the supply of Covid-19 RT-PCR Test)						
Clear <b>Reporting Policy</b> listing the required behaviour to be assumed in line with local/national regulations and to be followed in case of a participant's illness						
Sending of <b>useful links</b> to the coaches to keep them updated on what they have to do (one month, 10 days, 5 days before the event)						
Keeping updated the ISMF Medical Committee C-19 on the <b>Covid-19 plan</b> to be adopted for the event						
Creation of a <b>contact list</b> of every person participating in the event or present in the race venue. Necessary in case of illness of one person to inform all the others						
>65 or reporting symptoms people have <b>not to take part in the event</b> unless they are essential						
Discouraged the presence of <b>not essential accompanying people</b> (friends, families, fan clubs, etc.). If they are present, discouraged the interaction with athletes						
<b>Covid-19 RT-PCR Test</b> or <b>Antigen (Fast) test</b> before the event for all accredited persons compulsory. To follow the <i>appendix 2</i> to the Guidelines for COVID-19 to the necessary conditions.						
The LOC shall always provide a <b>stock of non-reusable/surgical masks</b> to the participants of event in case someone have lost or broken it.						
Encouraging <b>Self-Discipline</b> by all participants (hygiene, mask wearing also for asymptomatic people, distance between other people, etc.)						
<b>Field of Play:</b> 1. possibility of hand-washing with soap & paper towels or alcohol-based hand-gel in multiple locations; 2. review of the waste management and cleaning plan; 3. hygiene signage across all venues (accredited and spectator areas); 4. limitation and control of the number of people in each zone = to define the maximum number!						
<b>Team Hospitality:</b> 1. ready food bags, prepared lunch/meal plates; 2. sufficient amount of water, soft drinks in individual bottles or dedicated containers; 3. regularly cleaning and air changing.						
<b>Waiting areas/Changing tents:</b> 1. review space to respect distancing; 2. review clothes transportation logistics from start to finish.						
<b>Equipment preparation area:</b> 1. to define the maximum number of people! 2. special care of handling of race bibs, chips, etc. = in plastic containers and touched only by the athletes; 3. use of visible name tags on all personal equipment.						
<b>Lift access (if possible):</b> 1. to define the maximum number of people! 2. reduction to a single use in case of multiple seats.						
<b>Start / Finish areas:</b> 1. <b>Vertical Race:</b> no mass start (race against the clock), every 10 athletes gap of 2 min; 2. <b>Individual Race:</b> no race against the clock; 3. <b>Sprint Race:</b> for heats, distance of 1,5 m among athletes or avoidance; 4. Mass start: distance of 1,5 m among athletes, distance of 3 m between first and second line of athletes, different gates at the arrival, use of mask until 60 seconds before the start of the race; 5. possibility of several mass starts with less athletes each; 6. no physical contact with the athletes; 7. first aid zone; 8. three corridors for material check; 9. two corridors for a quicker flow. 10. Please refer to the new specific Technical Annex about the starting process.						
<b>Refreshment points:</b> 1. very difficult to organise them; 2. coaches allowed to assist the athletes; 3. preferable ready food bags or closed packs.						
<b>Race Office:</b> 1. use of online systems where possible; 2. all information should be available digitally; 3. if Team Captain Meeting takes place: limitation of the number of attendees to the minimum.						
<b>Winner Photos/Ceremonies:</b> 1. pictures respecting distancing; 2. no-handshaking; 3. athletes to remain on own podium step.						
<b>Mixed-zone:</b> 1. review to provide distancing; 2. establishment of the rules for interaction with TV & Media Partner; 3. TV & Media Partner: use of "selfie-stick" microphones, change of microphone boom, use of separate microphones for interviewer and athlete, preferable online press conferences, limited number of photographers; 4. presence of thermometer in the access zone; 5. wearing of mask/mouth-nose face covering where there is no possibility of distancing.						
<b>Officials' areas:</b> 1. review to provide distancing; 2. limitation of the access to the dedicated staff members.						
<b>Anti-Doping Control:</b> 1. review of the waiting area space; 2. sample collection should follow additional hygienic measures.						
<b>Spectator areas:</b> 1. social distancing required (double net of 2,5 metres); 2. preferable one-directional flow; 3. separated from the accredited zones (double net of 2,5 metres).						



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<b>VIP / Press / Guests area (if present):</b> 1. social distancing required (2 metres); 2. no buffet style, service on plates only 3. Antigen or RT-PCR test compulsory; 4. To provide the negative COVID-19 test results to the ISMF/LOC COVID-19 Coordinator; 5. To provide the duly filled and signed health questionnaire for accredited persons (ISMF Guidelines, pag. 24) to the ISMF COVID-19 Coordinator.						
<b>Transport service:</b> 1. limitation and control of the number of people = to define the maximum number! 2. if possible, to separate teams/groups; 3. LOC-appointed drivers and passengers with mask.						
<b>Accommodation &amp; Meal Services:</b> The LOC has to follow the rules of the accommodation management. <b>Accommodation (if possible):</b> 1. teams on the same floor; 2. teams separated from other guests; 3. twin-bedded rooms; 4. separate access to hotel; 5. hand disinfection and paper towels in multiple locations; 6. presence of thermometer; 7. wearing of mask/mouth-nose face covering where there is no possibility of distancing; 8. provision of isolation rooms; 9. rules for using joint facilities (gym, meeting rooms). <b>Meals (if possible):</b> 1. separated dining rooms/areas from other hotel guests; 2. to prepare as much as possible in the dining area/s before the team arriving; 3. sufficient water/drinks already available on the tables; 4. no buffet style meals; 5. preferable self-service of prepared plates, alternatively table service; 6. Cleaning the table preferably after dining when an entire table has left, not during the meal.						
Collection of the <b>Health Questionnaire</b> for accredited persons (Annex 5)						