



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

Date:

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 Health Authorities to support the work in order to establish the appropriate measures to follow						
Prevention & Mitigation Plan and Risk Assessment Plan following the local/national rules and regulations						
LOC Covid-19 Coordinator 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 Reporting Policy 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 useful links 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 Covid-19 plan to be adopted for the event						
Creation of a contact list 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 not to take part in the event unless they are essential						
Discouraged the presence of not essential accompanying people (friends, families, fan clubs, etc.). If they are present, discouraged the interaction with athletes						
Covid-19 RT-PCR Test or Antigen (Fast) test 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 stock of non-reusable/surgical masks to the participants of event in case someone have lost or broken it.						
Encouraging Self-Discipline by all participants (hygiene, mask wearing also for asymptomatic people, distance between other people, etc.)						
Field of Play: 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!						
Team Hospitality: 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.						
Waiting areas/Changing tents: 1. review space to respect distancing; 2. review clothes transportation logistics from start to finish.						
Equipment preparation area: 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.						
Lift access (if possible): 1. to define the maximum number of people! 2. reduction to a single use in case of multiple seats.						
Start / Finish areas: 1. Vertical Race: no mass start (race against the clock), every 10 athletes gap of 2 min; 2. Individual Race: no race against the clock; 3. Sprint Race: 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.						
Refreshment points: 1. very difficult to organise them; 2. coaches allowed to assist the athletes; 3. preferable ready food bags or closed packs.						
Race Office: 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.						
Winner Photos/Ceremonies: 1. pictures respecting distancing; 2. no-handshaking; 3. athletes to remain on own podium step.						
Mixed-zone: 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.						
Officials' areas: 1. review to provide distancing; 2. limitation of the access to the dedicated staff members.						
Anti-Doping Control: 1. review of the waiting area space; 2. sample collection should follow additional hygienic measures.						
Spectator areas: 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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VIP / Press / Guests area (if present): 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.						
Transport service: 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.						
Accommodation & Meal Services: The LOC has to follow the rules of the accommodation management. Accommodation (if possible): 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). Meals (if possible): 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 Health Questionnaire for accredited persons (Annex 5)						