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

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<tr>
<th>Information/Team</th>
<th>Pre-visit</th>
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<td>Prevention &amp; Mitigation Plan</td>
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<td>LOC Covid-19 Coordinator designated for the medical response plan, aware of the local procedures and responsibilities.</td>
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<td>2. Sample collection should follow additional hygiene measures.</td>
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<td>4. Establishment of the rules for interaction with TV Media Partner;</td>
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<td>5. Use of separate microphones for interviewer and athlete, preferable online press conferences, use of online systems where possible;</td>
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<td>7. Review space to respect distancing;</td>
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<td>9. Entrance / Finish areas:</td>
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<td>10. Winner Photos / Ceremonies:</td>
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<td>11. Specialised areas:</td>
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<td>14. Review of the waiting area space;</td>
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<td>15. Support Staff areas:</td>
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<td>16. Mixed-zone:</td>
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<td>18. Social distancing required (double net of 2.5 metres);</td>
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**Prevention & Mitigation Plan**

1. **Spectator areas:**
   - Possibility of hand-washing with soap & paper towels or alcohol-based hand gel in multiple locations;
   - Review of the waste management and cleaning plan;
   - Hygiene signage across all venues (accredited and spectator areas);
   - Exclusion of the number of people in each zone + 1 to define the maximum number!

2. **Mixed-zone:**
   - Entrance / Finish areas:
     - No mass start (race against the clock), every 10 athletes gap of 2 min;
     - Individual race: no race against the clock;
     - Vertical Race: no race against the clock;
   - Review of the waiting area space;
   - Review to respect distancing;
   - Two corridors for a quicker flow.

3. **Refreshment points:**
   - Use of online systems where possible;
   - All information should be available digitally;
   - If Team Captain Meeting takes place: limitation of the number of attendees to the minimum.

4. **Venue / Race Office:**
   - Use of online systems where possible;
   - All information should be available digitally.

5. **Support Staff areas:**
   - Review of the waiting area space;
   - Sample collection should follow additional hygiene measures.

6. **Sponsor areas:**
   - Social distancing required (double net of 2.5 metres);
   - Preferable one-directional flow;
   - Separate from the accredited areas (double net of 2.5 metres).

**Notes**

- The LOC shall always provide a stack of non-reusable / surgical masks to the participants of the event in case someone have lost or broken it.
- Discouraged the presence of non-essential accompanying people (friends, families, fans, clubs, etc.). If they are present, discouraged the interaction with athletes.
- Keeping updated the ISMF Medical Committee C-19 on the COVID-19 plan to be adopted for the event.
- Creation of a control list of everyone participating in the event or present in the race venue. Necessary in case of illness of one person to inform all the others.
- If an event starts and another event will finish, the LOC should ensure the possibility of several mass starts with less athletes each;
- Possibility of hand-washing with soap & paper towels or alcohol-based hand gel in multiple locations;
- Review of the waste management and cleaning plan;
- Hygiene signage across all venues (accredited and spectator areas);
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ISMF COVID-19 CHECK-LIST - 2020-2021 SEASON

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**VIP / Press / Guests area (if present):**
- Social distancing required (2 metres);
- No buffet style, service or plates only
- Antigen/DPO test compulsory;
- To provide the negative COVID-19 test results to the ISMF LOC COVID-19 Coordinator;
- To provide the duly filled and signed health questionnaire for accredited persons (ISMF Guidelines, pag. 24) to the ISMF COVID-19 Coordinator.

**Transport service:**
- Limitation and control of the number of people = to define the maximum number!
- If possible, to separate teams/groups;
- LOC-appointed drivers and passengers with mask.

**Accommodation & Meal Services:**
The LOC has to follow the rules of the accommodation management.

**Accommodation (if possible):**
- Teams on the same floor;
- Teams separated from other guests;
- Twin-bedded rooms;
- Separate access to hotel;
- Hand disinfection and paper towels in multiple locations;
- Presence of thermometer;
- Wearing of mask/mouth nose face covering where there is no possibility of distancing;
- Provision of isolation rooms;
- Rules for using joint facilities (gym, meeting rooms).

**Meals (if possible):**
- Separated dining rooms/areas from other hotel guests;
- To prepare as much as possible in the dining area(s) before the team arriving;
- Sufficient water/drinks already available on the tables;
- No buffet style meals;
- Preferable self-service of prepared plates, alternatively table service;
- 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):**

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