

ISMF Covid-19 Prevention Guidelines for Local Organising Committees, teams and staff



CONTENTS

1. INTRODUCTION
2. ISMF MINIMUM REQUIREMENTS
3. RISK ASSESSMENT PLAN AND MITIGATION CHECK-LIST
4. APPOINTMENT OF A COVID-19 COORDINATOR
5. PREVENTION & MITIGATION PLAN AND ITS COMMUNICATION
6. REPORTING POLICY IN CASE OF A SUSPECTED COVID-19 CASE
7. FIELD OF PLAY SET-UP AND SERVICES
8. ACCREDITATION / HEALTH QUESTIONNAIRE
9. ARRIVAL/DEPARTURE & OTHER TRANSPORT SERVICES
10. ACCOMMODATION & MEAL SERVICES
11. SPECIFIC SERVICES FOR OTHER GROUPS (e.g., TV & MEDIA PARTNER, TIME-KEEPING PARTNER)

ANNEX 1 – INFORMATION ABOUT THE VIRUS

ANNEX 2 – GENERAL PROTECTION MEASURES & INDIVIDUAL RESPONSIBILITY

ANNEX 3 – HAND-WASHING

ANNEX 4 – WEARING A MASK / FACE COVERING

APPENDIX 1 – ISMF WC CHECK-LIST_COVID-19

1. INTRODUCTION

Entering the second season with the Covid-19 pandemic, the International Ski Mountaineering Federation will continue to implement full safety regulations and guidelines for any kind of people involved in its sporting events. The goal remains to allow as many participants to cover its competitions as possible in accordance with national government regulations, which are paramount, and the capacity of Local Organising Committees. The health and safety of the people at all levels present on site is the number one priority of the ISMF. These guidelines need to be followed indiscriminately by all participants at any level, regardless of vaccination or immunity status. This document is meant to provide the guidelines and best practices on how to cover the various ISMF events. As the pandemic continues to evolve, so too will these guidelines.

The ISMF recognises the importance of maintaining the safety and health of everyone involved at ISMF events, including the athletes, coaches, ISMF staff, Local Organising Committees members, volunteers and spectators. Equally, the countermeasures described below provide an additional layer of protection for the residents of all host nations.

Organised sport can serve as a role model for managing the necessary conditions to organise safe events, which the authorities are introducing in all sectors of society. The ISMF events are already structured following defined rules and regulations throughout the event and the participants are disciplined in respecting these.

Thanks to the great commitment of the ISMF staff & delegates, LOCs, national federations, partners, providers, stakeholders and each individual event participant during the 2020/21 competition season, it turned out to be a successful management of the mitigation's measures in place. Nevertheless, we need to continue to hold infection spread prevention and mitigation equally high during the 2021/22 competition season.

These ISMF Covid-19 Prevention Guidelines for LOCs, teams and staff provide advice relevant for the ISMF events based on information and publications from the World Health Organisation (WHO) and the IOC Medical Department, the latest Playbooks from Tokyo 2020, as well as best practices gained by ISMF, its technical staff, the Medical Committee and other International Federations. The advice is designed to assist setting up various processes for the care and welfare of all participants in the event.

The LOC shall ensure that adequate measures are in place to protect the health of all participants and that they can have access to immediate medical care. Preventative measures to stop transmission of infection as well as mitigation measures to minimise the risk of infection shall be put in place.

The LOC is required to include relevant local Health Authorities to support its work with establishing the appropriate measures, and to stay updated in terms of latest developments and local regulations.

Local/National regulations **are paramount and** normally prevail over the requirements and recommendations in these guidelines. The ISMF guidelines have been established to support the measures defined in the involved nations of the ISMF events in order to provide guidance for implementing consistent standards and procedures in all countries staging ISMF events, and at the same time set a compulsory ISMF minimum requirement standard (please see below).

Review / Variants

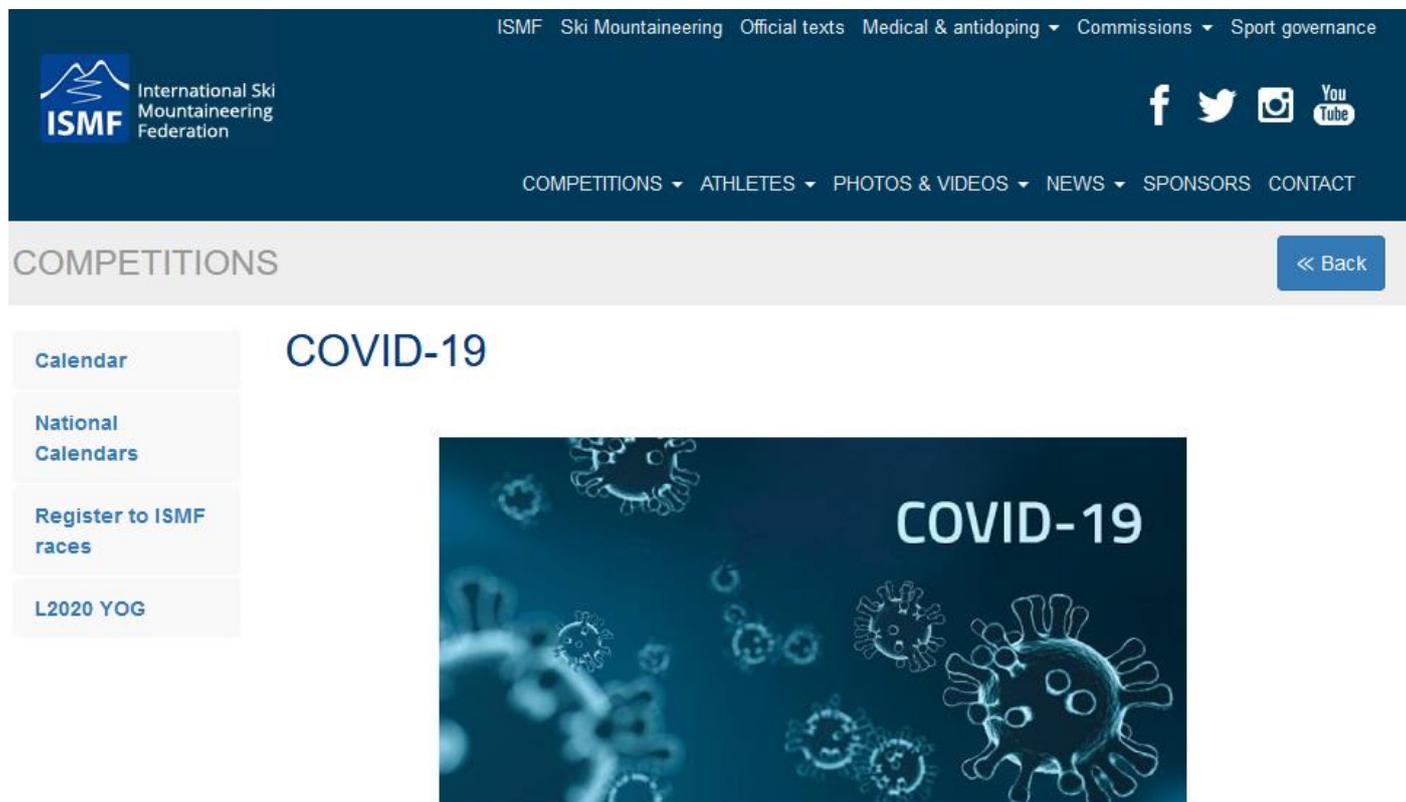
The ISMF will keep these guidelines under constant review, in particular because of the possibility of new variants of the Covid-19 virus. Important changes will be notified. The LOCs should include the possibility of new variants in their event risk assessment.

The current latest update of the ISMF Covid-19 protocol is delivered above all based on the spread of the latest Variant of concern (VOC) “Omicron”.

Responsibility and Discipline of all Persons

In order to ensure that the ISMF events are not placed at risk from a Covid-19 outbreak and consequences, it is the responsibility of every person to adhere to the policy, follow all procedures and instructions and behave in a disciplined manner at all times.

Please also refer to latest ISMF communications on the dedicated section created:



ISMF Ski Mountaineering Official texts Medical & antidoping Commissions Sport governance

International Ski Mountaineering Federation

f t i YouTube

COMPETITIONS ATHLETES PHOTOS & VIDEOS NEWS SPONSORS CONTACT

COMPETITIONS << Back

Calendar

National Calendars

Register to ISMF races

L2020 YOG

COVID-19



[ISMF website page dedicated to the Covid-19 pandemic](#)



The ISMF is at your disposal for support and assistance wherever possible. For questions in relation to these Guidelines, please contact the ISMF Medical Committee C-19 at c19assistance@ismf-ski.org.

2. ISMF MINIMUM REQUIREMENTS

The ISMF underlines that it is highly recommended to get fully vaccinated for Covid-19 in order to make the ISMF events as healthy and safe as possible.

For vaccinated people it is necessary to have:

- EU Digital COVID Certificate from the completed anti-Covid vaccination cycle
- Negative result of an additional antigen test (carried out no more than 24 hours prior to the arrival at the competition venue/accreditation)
- No other tests are required on site during the event, unless people present Covid-19 symptoms.

For non-vaccinated people it is necessary to have:

- EU Digital COVID Certificate from a RT-PCR test (carried out no more than 48 hours prior to the arrival at the competition venue/accreditation)
- Regular antigen tests during the event as soon as the validity period (48 hours) of the previous test is over.

For vaccinated people who are recovering from a Covid-19 infection in the last 6 months:

- The natural immunity will give a safety window for up to 6 months
- If they can prove they have had an infection (positive RT-PCR or antigen test) on “Day-zero”, they can attend the ISMF events with the same recommendations as the fully vaccinated people from Day 11 to day +6 months. Therefore, they have to have a negative result of an additional antigen test (carried out no more than 24 hours prior to the arrival at the competition venue/accreditation).

For non-vaccinated people who are recovering from a Covid-19 infection in the last 6 months:

- The natural immunity will give a safety window for up to 6 months
- If they can prove they have had an infection (positive RT-PCR or antigen test) on “Day-zero”, they can attend the ISMF events with the same recommendations as the non-vaccinated people. Therefore, they have to have a negative result of an RT-PCR test (carried out no more than 48 hours prior to the arrival at the competition venue/accreditation).

For all people in the race venue necessary to have:

- Duly filled in health questionnaire for accredited persons.
- Self-declaration if required by the event hosting country - all participants should ensure that they know the latest entry requirements for arrival in the host country, and for onward destination countries afterwards, as well as any countries passed through in transit.
- FFP2 mask is mandatory in all accredited areas (with a special focus on indoor spaces, as well as crowded outdoor areas), as well as official event related areas (including accommodation, side events, etc.). The mask should be worn (covering mouth and nose) by all accredited individuals regardless of immunity and vaccination status. The mask has to be worn even if a distance of 1,5 m is guaranteed (everyone is responsible for its masks). No other typologies of masks will be

allowed.

- Hygiene precautions to be followed in any event common area (please refer to the *Key pillars* in chapter 4). Until we have more knowledge of transmission of Covid-19 in vaccinated individuals and from vaccinated individuals, the ISMF Experts are very clear that all precautions – systematic pre-arrival testing and onsite testing strategies, consequent wearing of masks, keeping distance to others, avoiding closed rooms and appropriate hygiene measures such as hand-washing - must be maintained by vaccinated as well as non-vaccinated individuals.

Acknowledging that many already vaccinated participants will in first instance not understand why they shall still undergo Covid-19 testing prior to attending an event, it must be equally acknowledged that the protection of the non-vaccinated population must remain a key objective at the current stage.

For all ISMF events, the final requirements will be set by the LOC in coordination with the Local Health Authority and communicated to the stakeholders on the occasion of the event confirmation (three weeks before the event – ref. par. 5, page 13).

In the case of positive result of the Covid-19 test, the person must not travel to the race venue.

Further important notes

The following notes have to be clearly taken into consideration:

- Each typology of the aforementioned tests must be performed by a medical person at hospitals, pharmacies or private medical centres/laboratories.
- Should people arrive in advance in the event hosting country, they shall manage to organise themselves the test in order to present the negative certificate of the Covid-19 tests as required before.
- In case that the home country requires a negative certificate of a pre-departure antigen or a RT-PCR test to return home (each team is in charge to get this information from its own government), the LOC has to offer the possibility to perform tests on site.
- The LOC has to provide on-site affiliated medical facilities for people manifesting symptoms or for not vaccinated persons and so have to make new tests during the event.
- The LOC has to communicate the address of the medical facility and the cost of antigen/RT-PCR tests.
- Participants in the event shall communicate a week before the event how many tests are needed.
- Meeting with all Covid-19 Coordinators (ISMF, LOC, each team, etc.) before each ISMF event: compulsory participation (the ISMF office will inform about exact date, timetable and location of this meeting in due course).

Cost allocation for Covid-19 tests

- ISMF officials:
 - ISMF for antigen tests (for vaccinated people)
 - at officials' charge for RT-PCR tests and eventual further tests during the event (for not vaccinated people)

- Providers (i.e., EBU, MSO, Skimo Stats, Clean Game, etc.): at own charge
- National delegations (athletes, coaches, staff members, accompanying persons, etc.): national federations
 - LOC staff: LOC

3. RISK ASSESSMENT PLAN AND MITIGATION CHECK-LIST

The ISMF events are high profile international sporting events and as such count as “mass gatherings” under the World Health Organisation (WHO) definition.

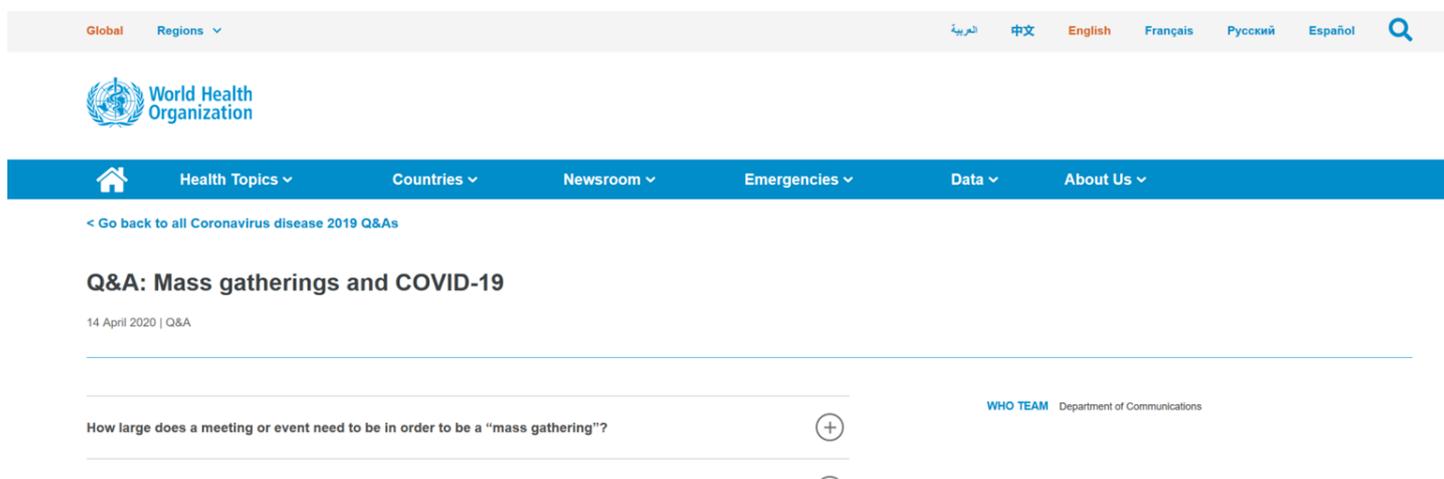
Planning for mass gatherings includes conducting a risk assessment to determine the overall risk of disease spread. In view of the Covid-19 outbreak, the WHO together with the IOC and experts have developed a disease-specific and event-specific risk assessment and mitigation check-list for sport events. The template can be found below (“Risk Assessment Tool”).

The excel tool includes all factors from the general WHO risk assessment and tool for mass gatherings as well as additional factors relating to sporting events, to enable Event Organisers to determine a more accurate overall risk score.

It is recommended to use the tool in excel spreadsheet format since the scores are automatically calculated there. After the tool has been completed, the scores in the excel sheet for both sections need to be entered into the decision matrix found on the final tab (“Overall Risk Score”).

It is crucial that the risk assessment is conducted with the responsible local public health authorities and that the necessary personnel with expertise in mass gatherings, risk assessment, epidemiology, and infectious disease control measures are included from the initial stages of planning. The national and local public health authorities in your country will know how to conduct a health risk assessment. There are also WHO Regional Offices which can be contacted for additional support if needed. It is further advised that the risk assessment is also carried out with input from further relevant partners and experts in specific areas relating to the event, including the national federations, the ISMF Medical Committee C-19 and Technical Officials, medical providers, etc).

Please make yourself familiar with the following WHO and Lancet publications:



The screenshot shows the WHO website's Q&A section for COVID-19. At the top, there are navigation links for 'Global' and 'Regions', and a language selector with options for Arabic, Chinese, English, French, Russian, and Spanish. Below the WHO logo, a blue navigation bar contains links for 'Home', 'Health Topics', 'Countries', 'Newsroom', 'Emergencies', 'Data', and 'About Us'. A link to 'Go back to all Coronavirus disease 2019 Q&As' is visible. The main heading is 'Q&A: Mass gatherings and COVID-19', dated '14 April 2020 | Q&A'. A question is partially visible: 'How large does a meeting or event need to be in order to be a "mass gathering"?' with a plus sign icon to its right. The footer of the page reads 'WHO TEAM Department of Communications'.

[Questions & Answers: Mass gatherings](#)

[Key planning recommendations for Mass gatherings in the context of the current COVID- 19 outbreak](#)

[Considerations for sports federations/sports event organisers when planning mass gatherings in the contact of COVID-19](#)

[Guidance for the use of the WHO Mass gatherings Sports: addendum risk assessment tools in the context of COVID-19](#)

[Number of daily new confirmed Covid-19 cases globally](#)

[Questions & Answers: COVID-19 Clean Hands protect against infection](#)

[Ten Scientific Reasons in support of airborne transmission of SARS-CoV-2](#)

More specific publications (accommodation, travel, etc) can be found on the WHO Covid-19 Hub

[Coronavirus disease \(COVID-19\) \(who.int\)](#)

4. APPOINTMENT OF A COVID-19 COORDINATOR

For LOC:

The LOC is required to appoint a capable Covid-19 Coordinator (preferable an expert in infectious diseases) whose responsibilities shall be as follows:

- Close and regular contact with local Health Authorities
- Up-to-date knowledge of the national health directives which are paramount
- Advising the LOC on the prevention and mitigation measures
- Advising the LOC on the testing protocol in line with the ISMF guidelines and/or national rules
- Advising the LOC on protocol for management of suspected Covid-19 cases
- Responsible for the LOC Prevention and Mitigation Plan
- Point of contact for event participants for Covid-19 related questions
- Responsible to check participants test results and/or other medical documentation (e.g., previous infection) and assess eventual complex cases
- Ideally hold an online information session for event participants prior to the event to present the hygiene and testing concepts

For ISMF:

The Event Director will be appointed as ISMF Covid-19 Coordinator for all events of the next competitive season.

As selected responsible, he will be entrusted to:

- At any time:
 - To communicate promptly any change in the Covid-19 measures to the different stakeholders' coordinators & to convey clear instructions;
 - To ensure that the COVID-19-safe bubble is respected by everybody.
- Pre-event:
 - To receive name and contact of the Covid-19 Coordinator from each Event LOC and each National Team;
 - To properly inform in advance about the Covid-19 Guidelines & the applicative measures to be followed by the different stakeholders on the event.
- During the event:
 - Hold on-site meetings with the LOC Covid-19 Coordinator;
 - To collect, with the help of the LOC Covid-19 Coordinator, documents listed in the ISMF minimum requirements;
 - To collect, with the help of the LOC Covid-19 Coordinator, the health questionnaire for accredited persons;
 - To supervise the correct appliance of the rules in the prevention of Covid-19;

- To exclude anyone from the event who does not follow such rules & put into danger the safety of the event.

For national federations:

Every NF is required to appoint a Covid-19 Coordinator, who should be the main point of contact for its national team participants as well as for the LOC and ISMF Coordinators for the whole competitive season. This person's contacts have to be communicated to the ISMF office by 30 November. The Team Covid-19 Coordinator shall support and advise team members to meet the requirements before and during a competitive event.

The Team Covid-19 Coordinator must compulsorily provide the ISMF office at least 5 days before the event with the following documentation:

- List of the national delegation/all persons to be accredited in the event (athletes, coaches, staff members, accompanying persons, etc.);
- Name & address of the hotel/apartment/accommodation facility where the team will overnight stay during the event;
- Arrival & departure dates related to the event;
- Total number of accredited persons who are vaccinated for Covid-19 virus;
- Total number of accredited persons who are not vaccinated for Covid-19 virus and so who must do further tests during the event when the validity period for the previous test is over.

5. PREVENTION & MITIGATION PLAN AND ITS COMMUNICATION

Every Local Organising Committee is required to compile a document summarising the Covid-19 prevention and mitigation measures planned, undertaken and established in accordance with local rules and regulations and including the ISMF Minimum Requirements (as outlined in the “Introduction” of this document). To help them in this task, a dedicated check-list to Covid-19 prevention measures is available for LOCs in Appendix 1.

It is necessary to check with the local health authorities which useful links have to be sent to the coaches of each National Federation participating in the event, in order to keep them updated with what they need to do, so that they can anticipate potential future problems. Please repeat this procedure one month, then 10 days and finally 5 days before the event. Furthermore, the ISMF has to be kept updated regarding the entire Covid-19 plan that the LOC will use during its event for validating it after asking for eventual changes or amendments. We ask that this document be sent about three weeks prior to the start of the event (always on Monday), in order to update the NFs regarding the hosting country directives about Covid-19 on the occasion of the final confirmation of the event. The event will be confirmed only if there will be a minimum number of five participating teams.

A communication of the measures shall also be published and sent to all other accredited persons (e.g., Sponsors, TV & media partner, time-keeping partner, etc.). It is crucial that all provisions in place have been communicated to all participants in advance through adequate channels (including social media).

The LOC has to make a list of the contacts of every person (including coaches and other eventual accompanying people, etc.) participating in the event or present at the race venue. This is essential in order to be able to keep a check on everybody involved up to eight days after the event. We ask that a hotline be made available to everyone, so that they can notify in case of symptoms appearing after the event. Everyone falling sick after the race must indicate it to the LOC or the ISMF.

The communication shall include contact details of the LOC Covid-19 Coordinator for the medical response plan, as well as exact provisions of the local procedures and contact details in case of Covid-19 related symptoms (telephone hotline, or similar). Make sure that the local procedures are applicable for international participants (in some countries the contacts may be different for nationals vs. non-nationals of the respective country).

It is asked that eventual updates in the local Covid-19 guidelines be mentioned during Team Captain Meetings once the event has started.

As regards the isolation before or after the event or the quarantine to be followed or not, please refer to the rules and regulations of the country where the event takes place. The ISMF and the LOC have no responsibility for any quarantine measures in place for travel among nations, nor for any measures that arise while an event is ongoing.

Key pillars – PROMOTE:



LOCs shall provide the accredited zones with the following anti-Covid measures:

- Extra masks, should anyone be without one
- Hand sanitisers (kept filled throughout the day)
- Constant sanitising of the common areas (in particular door handles – i.e., of toilettes – etc.)
- Avoiding of buffet style meals (preferable self-service of prepared plates, alternatively table service, ready food bags – to limit interaction between volunteers and team members)
- All working areas well disinfected and cleaned throughout each competition day
- Specific room for post-race press conferences (if possible)
- A non-venue mixed zone where teams can book times for interviews with various media (if

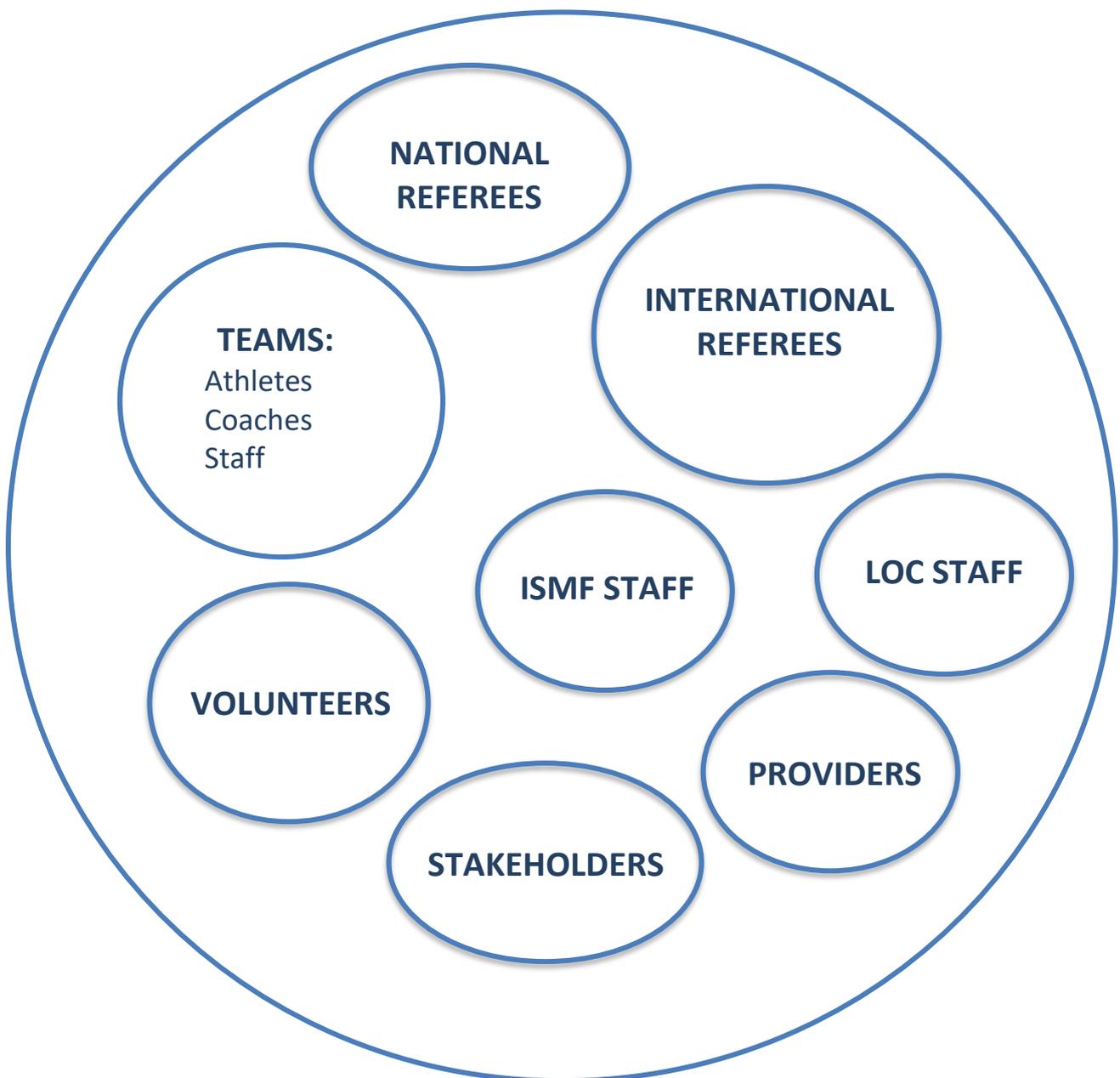
possible)

- (If possible) ensure that volunteers stay at the same post throughout a given event period

One of the core elements shall be creating various bubbles whereby groups who are being regularly tested and disciplined to follow rules and regulations shall be limited to interact with persons not being subject to strict protocols. (Examples of separations: ISMF staff; teams; spectators; LOC persons working with teams – other LOC group not interacting with other bubbles).

In any case, the intention is to create a large health security bubble containing all the groups of people who, for various reasons, are present at the race venue.

EXAMPLE OF HEALTH SECURITY BUBBLE



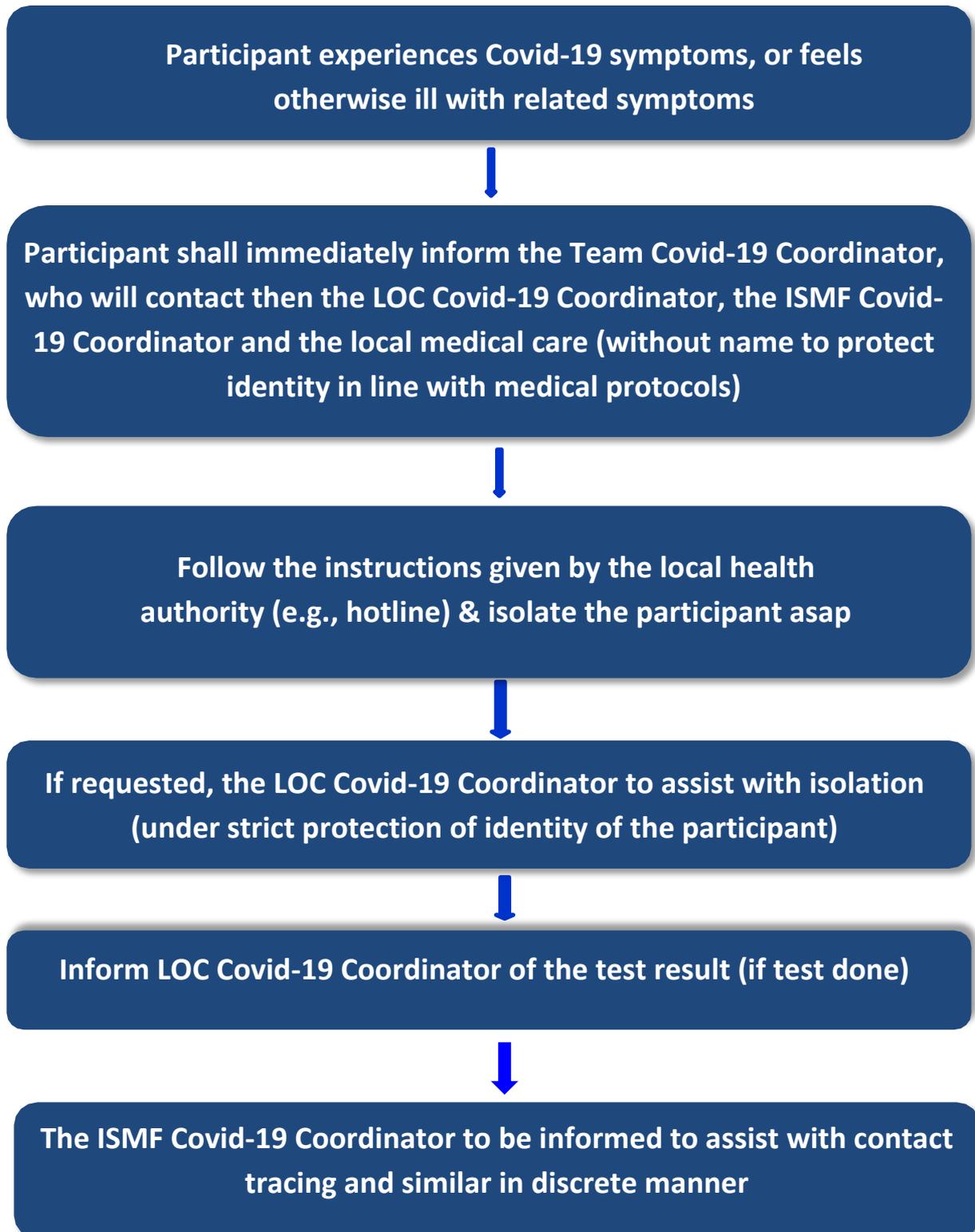
6. REPORTING POLICY IN CASE OF A SUSPECTED COVID-19 CASE

The LOC must have direct contact to local health authorities to assist teams and other participants with an immediate medical care as well as access to Covid-19 testing if required, and be aware of the local Covid-19 regulations (if possible, indicating costs of the testing if applicable). In case of need to do the test, the expense will be in charge to the concerned tested person or the national federation of belonging.

The LOC shall issue a Reporting Policy in its Covid-19 prevention measures document listing the required behaviour of team members and other participants in line with national regulations. The policy shall be clearly communicated to the teams and other participants, as well as provided to the ISMF for publication prior to the event, as part of the event information on the ISMF Website calendar section. It shall also outline that a breach of protocol will lead to withdrawal of the accreditation. **Any suspicious feelings or indications for a potential infection need to be communicated as soon as possible to the ISMF/LOC designated contact person! Not following this will lead to an event exclusion and also might cause more severe sanctions (legal).**

Make it clear in the communication, that all participants are required to fully comply with the respective Policy communicated by the LOCs.

The ISMF recommended reporting line is as follows. It may require adaptation according to national regulations and available medical coverage:



If the test result returns **positive for Covid-19**, then:

The ISMF has to be informed (without identity) through c19assistance@ismf-ski.org



Further team / group members (and others with previous close contact) to undergo RT-PCR testing & self-quarantine team



Discuss within team/group the facts; control & re-confirm hygiene measures; do not panic



Following steps to consider in the event of a positive Covid-19 case:

- The ISMF together with the national federation of the involved positive case / participant issues a communication to all teams (without identity) and participant groups present at the race venue
- Media communication only at discretion and issued by the respective NF or participant group

Event Task Force Action

- The ISMF Event Task Force which consists of the ISMF Covid-19 Coordinator, the LOC President, the ISMF President of the Technical Jury, the Team Covid-19 Coordinator, ideally also a member of the ISMF Medical Committee C-19, and the LOC Covid-19 Coordinator representing the national health authorities to instruct the person of their obligations and to decide on eventual further mitigation measures. In accordance with the national authorities' procedures, this will require immediate isolation and self-quarantine and declaration of contact persons during the past 72 hours. All persons in current contact with the positive test carrier must undertake a RT-PCR test and self-quarantine until their result is received.

- In case more than 1 infection is detected during an event, all persons belonging to the same sub-bubble of the aforementioned infected people must be tested. Repeated tests at 3-5 days after the initial detection of the onsite infections must be performed to detect a possible mass infection during the event.

- Communication of the positive test and consequences, notably in the case of an athlete, e.g., non-eligibility to compete for a defined number of day/s will be communicated in accordance with the ISMF Covid-19 protocol.

Communication flow due to Covid-19 positive test

Should an individual directly involved in any ISMF events competition test positive for Covid-19, the following procedures should be followed to allow for a clear communication flow.

These procedures involve all stakeholders associated with the ISMF events. The servicemen, LOCs, rights holders, etc. should follow these procedures.

Upon receipt of a positive test, the team/individual athlete shall immediately inform the ISMF personnel on site (in most cases the ISMF Covid-19 Coordinator), who will inform the ISMF Event Task Force of the situation, who will assess the next necessary steps.

At this time, no external communication should be made by the team/individual athlete until the ISMF Event Task Force can assess the situation.

Once the assessment is made, official information will be communicated via the ISMF official communication system. The official communication will not contain names of individuals involved, or details. It is meant strictly to inform that a person has tested positive and any necessary next steps involved.

Should timing permit and all parties agree, the information can be communicated by the ISMF Covid-19 Coordinator at the Team Captain Meeting to facilitate faster communication. Following any announcement at a TCM, the official communication will still be sent.

At this time, the teams/individual athlete may also put out information to the media with more details about the positive case, if desired.

Following the official communication, the ISMF will only answer media inquiries that pertain directly to the competition and any impact on the calendar. All health and team-related questions will be referred to the teams/individual athlete involved.

Please note these guidelines refer only to the external communication of a positive test.

Informing the local authorities should follow the government guidelines in place at the time and in the region.

Communication flow due of change to the calendar due to Covid-19

Should there be a change to the calendar due to Covid-19 (cancellation, change of date, change of venue, etc.) this will be communicated as soon as possible by the ISMF office through its official channels once the change has been confirmed by the ISMF Event Director.

LOCs, NFs and any other involved stakeholders should not make any public statements about any calendar changes until the ISMF official communication has been spread out.

LOC Support to affected persons

- Prepare for isolation rooms and logistical support
- Prepare for medical and mental support for persons being sent to isolation/quarantine
- Support with communications to Local Health Authority
- Continue support after the event until the person has left isolation/quarantine

7. FIELD OF PLAY SET-UP AND SERVICES

Review the venue set-up to minimise flow and crowding of people in all areas.

Review organisation and flow within areas that require closer distances between persons such as the pre-start area, start area, etc. (depending on discipline and facilities/requirements). Strictly limit and control the number of people in each zone (especially start and finish areas).

In accordance with Health Authorities instructions and local regulations, ensure hand-washing access (soap and paper towels), alcohol-based hand-gel and hygiene facilities at multiple locations throughout the venue facilities. Review waste management and cleaning plan.

Install hygiene reminders across all venues, changing rooms, wing facilities (accredited zones, as well as spectator areas). The display (where present)/speaker shall remind everyone to maintain a high level of personal hygiene, including hand-washing and minimising physical contact.

The use of the FFP2 mask is always compulsory in any common area of the event (with a special focus on indoor spaces, as well as crowded outdoor areas), as well as official event related areas (including accommodation, side events, etc.). The mask should be worn (covering mouth and nose) by all accredited individuals regardless of immunity and vaccination status. The mask has to be worn even if a distance of 1,5 m is guaranteed (everyone is responsible for its masks). No other typologies of masks will be allowed.

During the upcoming competitive season, accompanying people (fan clubs, friends, families, etc.) will be allowed to be present at the race venue but asked not to travel with the teams. In any case, they have to comply with preventive and protection sanitary measures and to avoid as much as possible the interaction with athletes. The distance of at least 1,5 m between each person has to be respected.

The ISMF Event Director is the chief operating officer, under the assistance of the LOC Covid-19 Coordinator and the ISMF Medical Committee C-19 with its Coordinator (working remotely but available in the event of necessity of a consultation).

All side events shall be kept to an absolute minimum and whenever the ISMF bubble participants are requested to attend, the bubble going to and from the event venue must be maintained. Numbers of participants at indoor events may become restricted on short notice, so backup solutions should be considered and should be rolled out as required.

The following recommendations are examples to be considered which may be necessary to

implement based on health authority regulations and guidance when establishing the set-up organisation of the various areas.

Indoor Spaces - Covid-19 transmission is Airborne

Particular attention must be focused on indoor spaces (transport, meeting rooms, accommodation, meals, etc.) in view of the fact that aerosol spread of SARS-CoV-2 is now recognised as the most significant form of transmission. 1,5 m physical distance prevents spread by large respiratory droplets, but ventilation of rooms is essential to prevent airborne spread of smaller droplets (aerosols), especially in enclosed/indoor spaces.

Ventilation of indoor rooms and facilities is crucial. Windows and doors should remain open to allow the flow of air through rooms and common indoor spaces; air conditioning should not be used.

In any case, the maximum capacity of each indoor space is to be determined according to the national legislation in force in the hosting country.

Waiting areas / Changing tents

- Review space to respect appropriate distancing
- Minimise volunteers in the area to essential ones in areas with limited distancing
- Athletes should leave the common area asap
- Possibility of having changing tents in the finish area but with a limited number of people present at the same time
- Review clothes transportation logistics from start to finish - to be cancelled or carried out only by team staff

Equipment preparation areas

- Establish limit for number of persons
- Establish limit for entry to dedicated preparation zones per team (particularly in the start area)
- Special care for handling of race bibs, timekeeping chips, etc. before and after the race. These tools have to be disposed in single plastic boxes and touched only by the athlete who has used them.
- Encourage the use of visible name tags on all personal equipment (skis, poles, but also food packages, bottles, etc.), in order not to touch somebody else's gear and contaminate it.

Lift access (if applicable)

- Restrict access to persons with essential functions
- Reduce to a single use in case of multiple seats/places or share the multiple seats/places with teammates
- Separate lift access for athletes, LOC, ISMF and team officials

Training & warm-up before the race

The athletes have to do the warm-up on their own or only together national teammates, in order to create and respect the COVID-19-safe bubble. If athletes have to make a high effort during the warm-up, the National Team Covid-19 responsible Coordinator will decide if they can to remove the mask to perform that specific exercise.

The temperature will not be taken during or after any training or warm-up as the result could be false due to the cold or the warming-up of the body. It will be instead taken at breakfast, dinner or at any other occasion at the discretion of Covid-19 Coordinators.

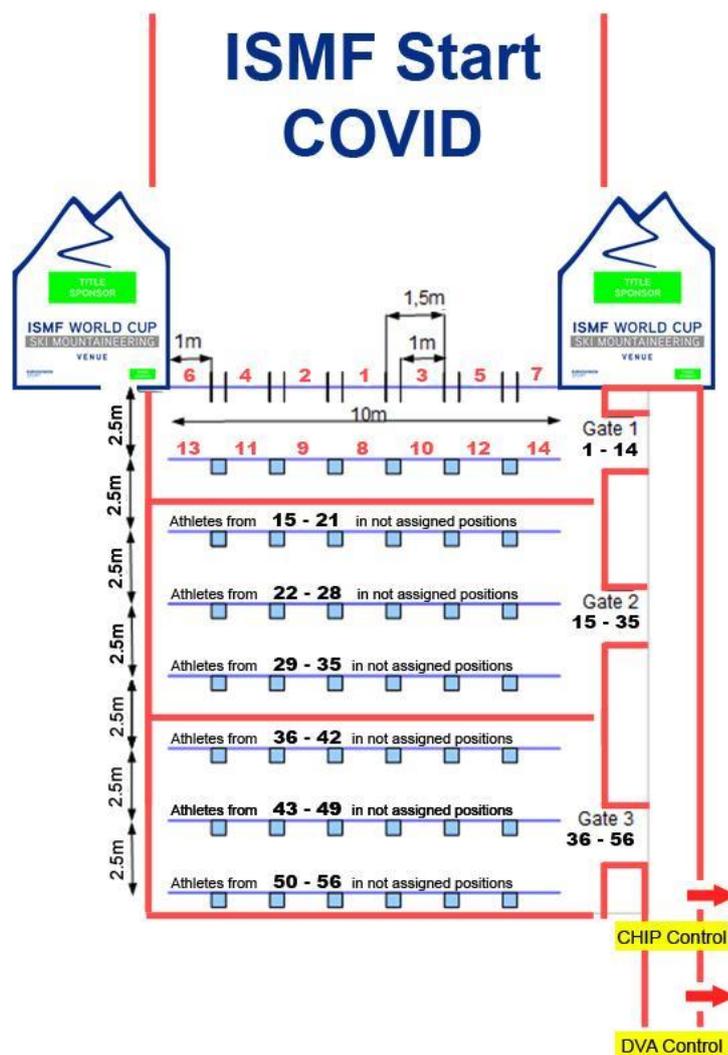
Refreshment points

- Very difficult to organise them along the race track (coaches will be allowed to assist their own athletes)
- In the refreshment points, it would be better the presence of ready closed bags

Start / finish area

If possible, the ISMF would like to maintain the typical standard of traditional competitions, trying as much as possible not to modify it in order to be in compliance with the its regulations. In the event of different provisions related to Covid-19 and local rules, it is thinkable to opt for the following solutions:

- Vertical Race: * the *mass start* option remains possible with different start by category
- Individual Race: * the option of *mass start* is preferable with different start by category
- Sprint Race: * no particular changes in relation to the times of qualification
 - * for the heats, distance of 1,5 m among the athletes on the same line and of 2,5 m among the lines. In each line there will be only 7 athletes.
- in case of *mass start*: * different gates to conduct the athletes in the proper aisle
 - * starting position highly recommended
 - * use of the FFP2 mask until 60 seconds before the start and then put it into the backpack or a zipped pocket. This moment will be announced by the speaker, who will say "Mask off", allowing the athletes to remove the mask. The referees will wait until all athletes have removed the mask before continuing the start process. At the arrival it is compulsory for the athletes to wear the mask again after having crossed the finish line, before entering the check material zone, mixed zone, changing tents, etc. and to keep it up to returning the hotel. A second mask is included in the compulsory equipment for the 2021/22 season in the backpack, except if the athlete is forced to use it because the first one has been lost or broken. The use of buff in place of a mask is not allowed.
- all categories (SM + U23M; SW + U23W; U20M; U20W; U18M; U18W) will have a separate start
- nobody can be in contact with the athletes, except for the coach (only one for each team)
- three corridors used for the check material
- two corridors used for a quick flow



Race Office

- Use of online systems where possible, such as for competition entries, start lists, results, weather forecasts, etc.
- All information shall be available digitally including the organisation of a digital Team Captain Meeting (if possible)
- TCM: Limit of participants depending on the maximum capacity allowed and the size of the race office. To take into account the distancing regulations imposed by the hosting country. Every participant will compulsorily have to wear a FFP2 mask. **The mask should be worn (covering mouth and nose) by all accredited individuals regardless of immunity and vaccination status. No other typologies of masks will be allowed.**

Winner Photos / Ceremonies

- (If possible) all ceremonies should be staged inside the finish area as this is a secure area that the athletes can freely enter
- Any personnel involved in the ceremonies must wear a mask at all times and must enter the ceremony area before the athletes have been lined up for the ceremony

- Speakers should be in place before the athletes are lined up on the opposite side of the finish area from the athletes and must wear masks without having physical contacts any athlete
- Any additional people involved in the ceremony must be approved by the ISMF (honour guard, mascots, etc.) and may only be located on the opposite side of the finish area from the athlete entrance. Unless it is a sponsor obligation, such individuals should not be located in the finish area during the ceremony and should be kept to a minimum
- No one other than people directly working with the ceremony, may enter the finish area during the ceremony, including team staff, LOC representatives not involved in the ceremony, etc. This includes photographers, who must shoot from their assigned areas
- The podiums to be placed in such a way that photos of the ceremony are possible from the photo stands in the finish
- Athletes must wear the mask at all times during official ceremonies also when on the podium, pictures of the athletes will be taken with the mask on
- Recommended that athletes take prizes/medals from a table on their own to avoid that ceremony personnel have contacts with any athlete. Alternatively, prizes/medals can be placed on each podium step before the ceremony starts
- No-handshaking/hugs policy at flower/medal ceremonies
- Safe gestures of respect (elbow bumping, nodding, bowing, etc.) are encouraged
- Athletes to remain on own podium step (1st, 2nd, 3rd) maintaining all social distancing guidelines until they leave the ceremony area
- No joint pictures on the top step of the podium, all athletes should remain on their step through the ceremony. If requested, the athletes may briefly remove their masks after the anthems for a photo opportunity, while remaining on their own podium step
- There should be at least a meter of space between the podium steps to allow for proper social distancing. In the case of team event podiums, staggering the steps is recommended
- Team personnel cannot enter the ceremony zone, nor can there be any team celebration pictures after the ceremony
- Top 5 ceremony (if expected): the involved athletes will take the bibs from a table on their own before to take the official picture

Mixed Zone

- Review set-up of the mixed zone to provide adequate distancing (double fencing of at least 1 metre between athletes and journalists/ photographers/media)
- Maintain the rules for interaction and social distancing between athletes and TV & media partner
- Discuss additional measures with TV & media partner (e.g., using “selfie-stick” for microphone to respect distance, changing the microphone boom after every interview, separate microphones for interviewer and athlete for live stations)
- Wearing of masks (mouth-nose face covering) when closer interaction with people in line with national regulations and also during the TV & live interviews/mixed zones (under no circumstance should an athlete feel obligated, if asked, to remove a mask for an interview)
- Online press conferences or manage in mixed zone interviews
- All in-person interviews must be conducted in the mixed zone, or as agreed by the teams; availability of mixed zone slots will depend on the space available on-site

Officials' areas (Technical Jury, Referees, Time-keeping Partner, etc.)

- Review facility set-up to provide adequate distancing
- Limit the access to this area only to dedicated staff members designated by the ISMF

Journalists, photographers, TV & media centre

- If possible, participation in the event using own transports
- Limited accreditation at all venues
- No season accreditations will be granted; workers must apply on a venue-by-venue basis
- Set up of working places with sufficient distance
- All people of this group must wear the mask in all accredited areas and follow the ISMF Covid-19 guidelines in force. Failure to do so will result in accreditations not being granted or revoked
- These people are expected to keep themselves up-to-date with each destination's travel regulations
- Limited movements between the accredited areas and the hotel only; in some venues, not following these regulations and going outside the "bubble area" may lead to an accreditation being revoked
- A decision about designated photo positions on the track will be made individually for each event; if social distancing cannot be maintained for on-track positions, masks will need to be worn

Anti-Doping Control (please keep in touch with the Anti-doping service provider)

- Review waiting area space to provide adequate distancing
- Each sample collection agency must confirm it follows the WADA Guidelines fulfilling the necessary measures
- Sample collection agency to be supported with additional measures as necessary (similar to other venue areas, additional hand washing and/or disinfection, waste management, cleaning)

Spectator areas (if present)

- Social distancing in the spectators areas among spectators and other participants (double fencing with a distance of 2,5 m between spectators areas and the start / finish area)
- All flows within the venue one-directional
- Spectators areas distinct from accredited zones (keep separate)

VIP / Guests area (if present)

- Social distancing should be respected in such areas
- No buffet style, service on plates only
- Necessity to follow all regulations in this document as all accredited persons present at the race venue

8. ACCREDITATION / HEALTH QUESTIONNAIRE

The following specific health questionnaire has compulsorily to be filled in by all accredited persons. The health questionnaire has to be delivered on the occasion of the accreditation, together with all documents listed in the Introduction (ISMF Minimum Requirements). All athletes will arrive at the event venue and will participate in the races only and exclusively after having given followed the rules and requirements listed in the Covid-19 guidelines.

The Team Covid-19 Coordinator must accredit the whole national delegation (staff members and/or eventual accompanying persons included) providing the LOC staff present at the race office with the following documents:

- Printed copies of the EU Digital COVID Certificates of the whole national delegation;
- Printed copies of the additional Covid-19 tests' negative certificates of the whole national delegation;
- Printed copies of the health questionnaire of the whole delegation.

In this way, only the Team Covid-19 Coordinator will present at the race office for the accreditation (without any other person of the national delegation) avoiding any possible gathering of people. Please be sure that these copies of documents reflect the list of accredited persons provided to the ISMF office 5 days before the event.

Responsibility and Discipline of all Persons

In order to ensure that the ISMF events are not placed at risk from a Covid-19 outbreak and consequences, it is the responsibility of every person to adhere to the policy, follow all procedures and instructions and behave in a disciplined manner at all times.

Non-Compliance with the Rules and Guidance

A breach of discipline protocol during the ISMF events with others present who are not subject to the protocol, or failure to comply with testing rules, will lead as a minimum to withdrawal or non-issuing of accreditation.

HEALTH QUESTIONNAIRE FOR ACCREDITED PERSONS

Name (as in passport):

Permanent Address:

Address at the event:

Telephone number (cell phone):

Email:

Countries you have visited in last 14 days:

- Have you had any cold symptoms (cough, runny nose, sore throat, difficult breathing) during the last 14 days?
- Have you had any of the following symptoms during the last 14 days:
 - Fever
 - Chest pain
 - Headache
 - Nausea/Vomiting
 - Diarrhoea
 - Loss of taste or smell
- Have you been in contact with someone with a proven infection with Covid-19 during the last 14 days?
- Have you been in quarantine during the last 14 days (excluding quarantine based on travel regulation/border crossing)?
- Have you tested positive to the RT-PCR (Polymerase chain reaction) test during the last 14 days?

Signature:

If there is evidence of an acute infection you will be provided with a mask, the medical personnel are equipped and isolation will be required. The local public health authority will be notified, and their protocols will be followed. An accreditation will not be issued until you have been cleared by the local public health authority.

Athletes and accredited persons should be reassured that declaring travel from high-risk area will not preclude participation, but that they should expect to be more closely monitored.

The personal information provided is treated strictly confidentially by the Local Organising Committee and ISMF. It will only be used for the purpose of assessing whether the applicant can be granted or maintain accreditation in view of the Covid-19 outbreak. Local and global public health requirements will determine the length of time the data is retained.

9. ARRIVAL/DEPARTURE & OTHER TRANSPORT SERVICES

Review the logistics plans with the following considerations:

- Enforce that all persons (including the driver) wear a mask during the entire time of the transport
- Limit number of persons per transportation to allow required distance in the bus/car/mini-van/cable car
- Transportation plan to separate teams/groups
- For longer vehicle trips, review transport policy (e.g., stop every hour and ventilate the vehicle for min. 10 minutes or similar)
- Re-confirm with teams/groups whether own transport can be organised
- Minimise grouping of different teams/groups in one transportation
- Should a shuttle transport system be necessary, plan extra shuttles with more space to allow for social distancing

10. ACCOMMODATION & MEAL SERVICES

It is recommended that the LOC has early contact with the accommodation management to review their policies. Equally, proactive communication with the teams is advisable, to discuss the accommodation services/options in order that teams are aware of what to expect and not be surprised. Hotels are already required to establish the necessary measures to protect the health and welfare of their guests. **If possible, the LOC should make all efforts to make sure the hotel personnel are subject to a certain testing and hygiene protocol.** Depending on the facilities additional options may include for effectively separating teams from each other, as well as from hotel personnel, and other hotel guests. These may include:

Accommodation

- Teams accommodated on the same floor, access to hotel facilities through stairs (to avoid elevators)
- **Where tourists are accommodated in teams' hotels, strict separation of the ISMF bubble and other guests (if possible)**
- Twin-bedded rooms preferred to keep beds distanced
- Separate access to hotel (if possible)
- Additional cleaning plans/disinfection prior to arrival
- Hand disinfection and paper towels at multiple locations throughout the accommodation, including the rooms
- Cleaning of rooms to be avoided when team members are in the accommodation (avoid contact with cleaning personnel)
- Provision of isolation rooms
- Rules for the use of joint facilities (gym, meeting rooms) with particular consideration to ventilation

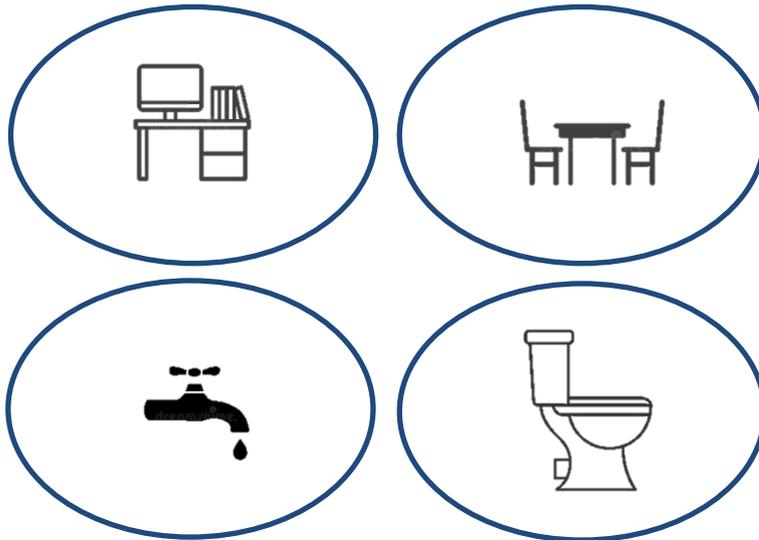
Meals (both in hotel and the race venue)

- Food management to follow hygiene provisions by local regulations
- Separate dining rooms/areas from other **guests** with sufficient space **(if possible)**
- Prepare as much as possible in the dining area/s before the team arrives
- Sufficient water/ soft drinks already available on the tables and in individual bottles, or for filling own dedicated containers for teams and keep refilled
- Avoid buffet style meals (preferable self-service of prepared plates, alternatively table service, ready food bags – to limit interaction between volunteers and team members)
- Cleaning the table and change the air preferably after meals when an entire table has left, not during the meal

11. SPECIFIC SERVICES FOR OTHER GROUPS (e.g., TV & MEDIA PARTNER, TIME-KEEPING PARTNER)

- Most of the above partners and service providers have prepared or are in the process of establishing company-specific regulations for their employees (instructions on travelling, quarantine, on-site behaviour, etc.)
- As all other venue areas, the working places/areas of these groups need to be regularly cleaned equally
- Additional aspects relative to their tasks to be reviewed directly with LOC
- Ensure working areas are well ventilated

HARD SURFACES:



1. CLEAN

Remove organic material for effective disinfection.



2. RINSE

Rinse of detergents.

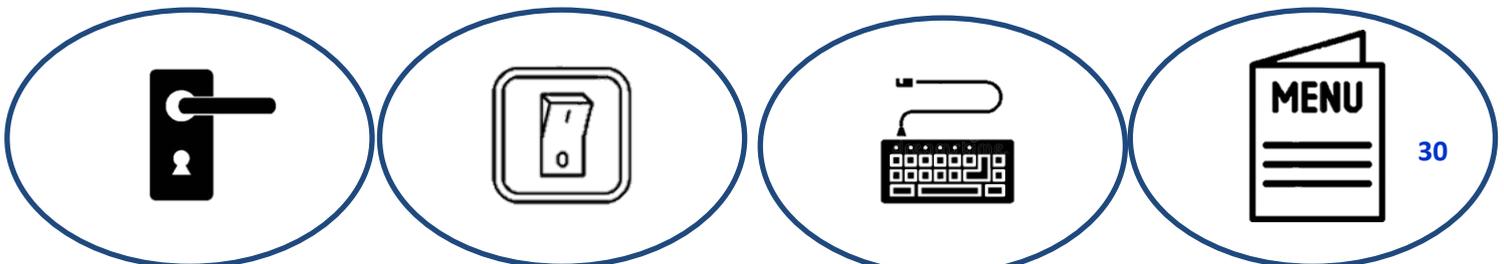


3. DISINFECT

Use a properly registered disinfectant.

FREQUENTLY TOUCHED OBJECTS:

Consider providing disposable wipes



ANNEX 1

INFORMATION ABOUT THE VIRUS

What is Coronavirus?

For all specific information about the Covid-19 virus and any relevant update, please refer to the official WHO website at the following link:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

ANNEX 2

GENERAL PROTECTION MEASURES & INDIVIDUAL RESPONSIBILITY

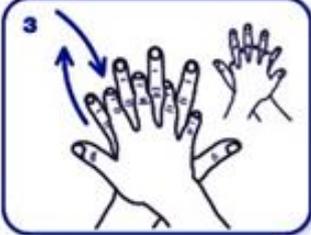
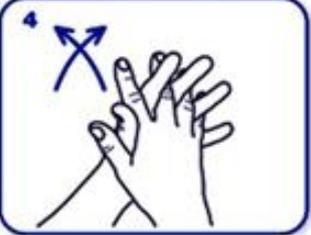
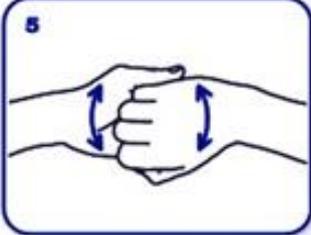
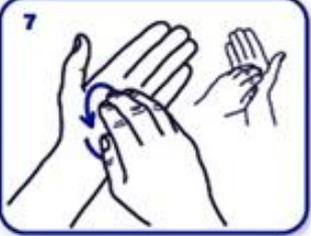
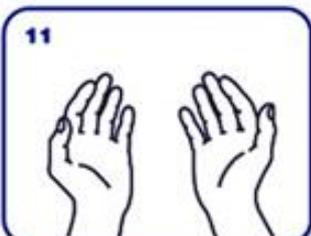
- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water
- Avoid enclosed spaces and crowds wherever possible
- Maintain at least 1,5 m distance from anyone other than those in the bubble
- Minimise contact with others for 14 days before travel (if applicable), respectively during the competition season between moving from one to the next ISMF event
- Avoid touching eyes, nose and mouth
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze
- Avoid unnecessary forms of contact such as hugs, handshaking or high-fives - non-physical greetings are recommended
- Stay home if you feel unwell (self-isolated). If you have fever, cough and difficulty breathing, seek medical advice and call in advance. Stay away from the event if you are ill!
- If symptoms (as outlined above) occur before, during or after travel to the event, participants are requested to contact the local health authority in line with the LOC Reporting Line communicated
- If symptoms occur during the event, do not come to the venue or other team/participant areas (including hotel group facilities), but stay in your room and take asap immediate contact with your team manager/group leader and follow instructions
- Follow directions of the national and local authorities who have the most up to date information on the situation in the respective area

ANNEX 3

HAND-WASHING

How do I wash my hands properly?

Washing your hands properly takes at minimum 20 seconds

		
<p>Wet hands with water</p>	<p>apply enough soap to cover all hand surfaces.</p>	<p>Rub hands palm to palm</p>
		
<p>right palm over left dorsum with interlaced fingers and vice versa</p>	<p>palm to palm with fingers interlaced</p>	<p>backs of fingers to opposing palms with fingers interlocked</p>
		
<p>rotational rubbing of left thumb clasped in right palm and vice versa</p>	<p>rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.</p>	<p>Rinse hands with water</p>
		
<p>dry thoroughly with a single use towel</p>	<p>use towel to turn off faucet</p>	<p>...and your hands are safe.</p>

ANNEX 4

WEARING A MASK / FACE COVERING

The use of the FFP2 mask is always compulsory in any common area of the event (with a special focus on indoor spaces, as well as crowded outdoor areas), as well as official event related areas (including accommodation, side events, etc.). The mask should be worn (covering mouth and nose) by all accredited individuals regardless of immunity and vaccination status. The mask has to be worn even if a distance of 1,5 m is guaranteed (everyone is responsible for its masks). No other typologies of masks will be allowed.

Even if people are asymptomatic, so do not present respiratory symptoms, such as cough, the wearing of a mask is compulsory in any event site/area. The most effective way to protect yourself is to replacing the mask at least twice per day. When the mask is replaced the dirty one shall be put in a dedicated and hermetically sealed plastic bag. Participants should ensure they have sufficient masks for the duration of the event; they should be replaced as soon as they become damp and (if re-usable) should be washed daily.

All participants should also continue to follow hand-washing and other general prevention guidelines as previously indicated.

The use of masks/face coverings is best practice, particularly in closed rooms, or transport (vehicles, uplift) where physical distancing is not possible, in particular where there is a risk of contact with people outside the bubble). Please also refer to the specific rules/recommendations of the respective nation as communicated by the LOC.

WHO recommends that persons with any symptoms suggestive of Covid-19 should immediately wear a medical mask, self-isolate, and seek medical advice as soon as they start to feel unwell with potential symptoms of Covid-19, even if symptoms are mild. Symptoms can include: fever, cough, fatigue, loss of appetite, loss of taste and smell, shortness of breath and muscle pain. Other non-specific symptoms such as sore throat, nasal congestion, sneezing, headache, diarrhoea, nausea and vomiting, have also been reported

Face shields, buffs, scarves are not an acceptable alternative to a mask.

Read further: [When and How to Use Masks](#)

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth and nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

APPENDIX 1

Please refer to the separate ISMF WC CHECK-LIST_COVID-19

The health and safety of all participants at ISMF Events including the athletes, team members, officials, volunteers, service providers and spectators has the highest priority. The organisers and medical services are sincerely thanked for their engagement to enable the safe organisation of ISMF competitions.