



UNION INTERNATIONALE
DE PENTATHLON MODERNE

COVID-19: UIPM EVENT ORGANIZERS INFECTION PREVENTION GUIDELINES

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FOREWORD

Ladies and gentlemen!

Dear members of Local Organising Committees!

Dear colleagues and friends!

Dear athletes and coaches!

Since March 2020 the whole world has been struggling to cope with the COVID-19 Coronavirus pandemic, which is not yet under control at the time of publication of this important document.

The World Health Organisation (WHO) and many medical institutes across all continents are working hard on researching pharmaceutical solutions to overcome this dangerous virus as soon as possible.

In the meantime, I ask you to respect all advice from your Government and medical experts in your country and abide by the guidance provided to help you manage your daily life.

The UIPM Event Organizers COVID-19 Prevention Guidelines is designed to provide you with a manual for the resumption of UIPM Sports in your country in the 2021 season. There is a lot of practical guidance and I urge you to take a safety-first approach in all actions.

Let's come together to continue the revival of our sporting activities in a spirit of strong solidarity, keeping in mind that health should be our highest priority.



UIPM President
Dr h.c. Klaus Schormann



GENERAL INFORMATION

COVID-19 continues to cause significant challenges. The transition period following the outbreak is and will be long and the organisers of sport events will be asked to implement all possible measures for respecting the social distancing and hygiene requirements.

The organising committee must build a relationship with the local authorities based on trust to decide that it is safe to hold the sports event. These guidelines are not intended to replace any government regulations or recommendations.

Our sport will be affected and we need to look into ways of holding competitions in a safer way for the participants, the LOC and the spectators. We need to be creative and adapt to new ideas that should be shared among the entire UIPM family for everyone's benefit.

UIPM is following all the recommendations from the World Health Organisation (WHO). UIPM fully respects and supports the initiatives of the LOCs and of the National Government advice of each country on this matter.

The IOC has advised that during the evolving COVID-19 pandemic, effective protection of the health and safety of athletes must remain a priority. Under IOC regulations, event organisers must ensure all athletes are covered by adequate measures to protect their health and have access to prompt medical care while participating in the event. Event organisers must put in place preventive measures to stop the transmission of infection and mitigation measures to minimise the risk of infection.

Event organisers must ensure that any athlete or participant in an event on their territory who needs immediate medical care is given access to medical facilities. UIPM has issued several documents relating to information about COVID-19 which can be found at <https://www.uipmworld.org/covid-19-information>



GOVERNMENTAL REGULATIONS OF LOC COUNTRY

The goal of this document is to provide LOCs with an additional source of information, adapted to UIPM Sports and its specifics. In any case this guideline does not represent a substitute for the governmental regulations of the LOC's country and the LOC must fully respect all recommendations and restrictions of the local government. It is also the responsibility of the LOC to establish effective communication with local authorities and to follow changes in preventive measures. The UIPM Medical Committee and/or Sport Director should be informed about any changes in relation to preventive measures.



INDIVIDUAL RESPONSIBILITY OF ATHLETES

UIPM has issued WHO recommendations in accordance with the measures to reduce the general risk of transmission from acute respiratory infections listed below:

- Participants should aim to keep at least two metres distance from other people, particularly those who feel unwell and are showing symptoms of acute respiratory infection (a cough or sneeze or may have a fever);
- Frequent hand washing by participants using soap and hot water or alcohol-based (at least 65-70%) disinfection for minimum 20 seconds;
- People with symptoms of acute respiratory infection should practise cough etiquette (maintain distance of at least one metre, cover coughs and sneezes with disposable tissues or clothing, and wash their hands);
- Avoid shaking hands or hugging;
- Avoid steam rooms and saunas;
- Avoid touching their own mouth, nose or eyes.

Anyone who feels unwell (i.e. fever, cough) should stay at home and keep away from their regular activities until symptoms resolve (min.3 days with NO SYMPTOMS). Stay away from the event when ill!

In case of symptoms suggestive of acute respiratory illness before, during or after travel, athletes are encouraged to seek medical attention and share travel

history with their healthcare provider. Standard Infection Protection and Control precautions emphasize the vital importance of hand hygiene and respiratory etiquette for every person (water, sanitation, hygiene and waste management for COVID-19 available at <https://www.who.int/publications/i/item/water-sanitation-hygiene-and-waste-management-for-the-covid-19-virus-interim-guidance>).

Public health authorities should provide travellers with all necessary information to reduce the general risk of acute respiratory infections via health practitioners, travel health clinics, travel agencies, conveyance operators and at points of entry.

As a general reminder, it is also important that every athlete, coach and team official is aware of the following principles:

- Consulting with your team physicians;
- The procedure of epidemic control;
- Don't over-train athletes;
- Washing hands, social distancing and mask wearing are the most important measures to avoid the transmission of harmful germs and to prevent illness.



UNDERSTAND THE SYMPTOMS

	COVID-19	COLDS	FLU
Aches and pain	Sometimes	Rare	Common
Cough	Common (usually dry)	Common	Common (usually dry)
Diarrhoea	Rare	No	Sometimes (Children)
Fatigue	Sometimes	Sometimes	Common
Fever	Common	Rare	Common
Headache	Sometimes	Common	Common
Runny or stuffy nose	Sometimes	Common	Common
Shortness of breath	Sometimes	No	No
Sneezing	No	Common	No
Sore throat	Sometimes	Common	Common



PARTICIPANTS HEALTH SCREENING (ATHLETES, COACHES, OFFICIALS, LOC STAFF, ALL ACCREDITED INDIVIDUALS)

- Athletes competing in a UIPM event must monitor their health status continuously (including taking their temperature and monitoring for any symptoms) from 14 days before and during the event.
- Team medical staff present at a UIPM event must monitor the health status of their athletes daily.
- Pre-travel and pre-event health checks for all incoming athletes and LOC staff are highly encouraged to ensure exclusion of those with potential additional risks (comorbidities, medications).
- The requirement or not of a participant's pre-travel medical certificate / pre-travel negative test is based on the rules of the national health authorities of the host country. If these are required, team doctors are responsible for collecting them and providing LOC Chief Medical Officer with a copy.
- UIPM strongly recommends that all athletes, coaches, officials, LOC staff and all accredited individuals participating in an event should fill in a pre-event questionnaire upon arrival to the venue combined with the measurement of oxygen saturation levels, a temperature check on a daily basis (a saturation levels lower than 95% and a temperature above 38°C should be reported to the LOC Chief Medical Officer and/or MD) .The implementation of such procedures must be agreed by the local health authorities and LOC medical team is responsible for establishing this process.
- The daily health screening of athletes, team support and technical officials must take place at the competition hotel and each accreditation card must be validated on a daily basis following the basic health screening (measurement of temperature) to avoid double procedures.



MEDICAL PROVISIONS AND RECOMMENDATION TO EVENT ORGANIZERS

- Soap and water or alcohol-based hand sanitisers and tissues should be accessible in all common areas and especially in the medical treatment areas.
- Availability of trash cans in each venue location and regular emptying.
- Availability of masks/mouth-nose face covering for anyone who might be in need.
- Recommend that towels are for single-use only. Only paper towels in publicly accessible bathrooms.
- Ensure availability of thermometers (e.g. infrared) to check all accredited individuals' temperatures. There should be minimum 2 pcs at each venue entry/exit.
- Isolate anyone who becomes ill or is suspected to be ill while at the event.
- Determine with the local health authorities where an individual diagnosed with COVID-19 will be cared for and isolated.
- Establish isolation room in on-site medical treatment clinics/facilities where people can be initially assessed and triage should be considered.
- The isolation area should be equipped with the necessary supplies to facilitate hand hygiene and respiratory etiquette.
- The medical staff attending people who are ill should wear a mask and rubber/disposable gloves, dispose of them immediately after contact and cleanse thoroughly afterwards.
- Increase medical personnel on-site including designated medical providers who are able to triage and refer suspected cases for COVID-19 testing.
- All involved parties will be notified of a case and COVID-19 situation through LOC Chief Medical Officer representative.
- Define a place where a large number of people can be quarantined.
- Predetermine emergency contacts with local authorities



USE OF FACE PROTECTION – MASK, FACE SHIELDS ETC.

- UIPM strongly recommends the use of masks/mouth-nose face covering and rubber/disposable gloves by volunteers, officials and other accredited individuals that are in contact with athletes (e.g. registration, transition zone, start area, post finish area).
- Use of face protection both indoor and outdoor is highly recommended for volunteers, staff and officials. Obligation to wear masks is determined by local Government authorities.
- For Judges and Technical Officials, the face mask can be replaced by a face shield to minimize side effects of long-term use of face masks. Individual preference should be accepted.
- Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during any non-competition indoor activity (e.g. registration, technical meetings, seminars, workshops).
- The LOC is only responsible for providing masks/mouth-nose face covering and rubber/ disposable gloves to its volunteers and staff along with a contingency amount for medical needs. All other accredited clients must bring their own equipment.
- The local authorities and/or UIPM Medical Committee may impose mandatory use of rubber/disposable gloves and masks/mouth-nose face covering in specific events.



RISK COMMUNICATION AND AWARENESS

- It is important that all the provisions in place are communicated clearly to all participants and spectators in advance through social media, websites and through NFs communication channels.
- Display health information at the venue and in all possible facilities and access routes, reminding everyone of basic principles and encouraging the maintenance of high levels of personal hygiene, including advice on hand washing and minimising physical contact.

- LOCs should develop a risk communication strategy for COVID-19 before the event. It is expected that such an event will draw media attention in context of the current situation and any unplanned publicity could lead to inaccurate and unnecessary disinformation.
- Event organisers, in coordination with UIPM, should appoint designated individuals to lead media activities and to be tasked with managing all external communications with national and international government officials, the general public and the media. A spokesperson can be appointed too.
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ACCOMMODATION, RULES OF USING COMMON AREAS IN HOTELS

- Athletes and teams should avoid or minimize staying in large crowds (public transports, supermarkets, etc) - and in such establishments wear respiratory masks.
- Everyone should follow the rules of personal hygiene in official competition hotels.
- All accommodated team members, LOC staff and volunteers are recommended to use disinfection at their disposition and wear face masks in common areas (with exception of breakfast/dining area).
- If possible, social distancing and restricted number of social contacts during event are highly recommended.
- Hotel swimming pools shall not be used unless established as an official training area (access restricted to accredited members).
- Use of hotel wellness centres should be avoided.



VENUE FACILITIES

- All working spaces and provided facilities must be organised in a way that social distancing is respected.
- At the entrance of each room/tent, alcohol-based hand sanitisers must be available.
- In all the key accredited zones (athletes' area, VIP, media, working spaces), hand-washing facilities and liquid soap must be provided.
- Provide disinfectant wipes and advise venue cleaning staff to disinfect door handles, toilet handles, bathroom faucet handles, etc in all areas several times per day.
- Room doors shall remain open if possible to minimize the different clients touching the door handles.
- Bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in all rooms must be provided and emptied regularly.



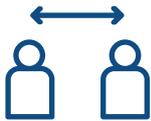
ACCREDITATION ROOM

- Alcohol-based sanitizers must be available together with paper towels.
- Pre-accreditation should be done online where possible.
- Staffing of accreditation room shall be restricted on necessary minimum (2-3 persons max).
- Each team should send 1 representative only to retrieve all accreditations of team members.
- Doors to accreditation room should remain open all the time or accreditation must be done in open space (in or outdoors).



SOCIAL ACTIVITIES – OPENING & CLOSING CEREMONY

- Opening/closing ceremonies should not be planned indoors so as to minimise the opportunities of mass gathering in small spaces.
- If regulations in LOC country allow, the LOC may plan an outdoor opening/closing ceremony, keeping same preventive measures as during competition itself.
- For any other activities with smaller groups (such as a VIP party) the risk should be assessed and a decision should be taken by the organiser and the local authorities.



STAFF PROVISIONS

- The social gathering of the LOC team and its volunteers must be kept to an absolute minimum.
- All training sessions should take place via online platforms or on site while respecting social distancing and possibly outdoors.
- The number of volunteers must be kept down to the absolute necessary. LOC may keep a reserve to provide cover if required.
- The working conditions must follow the recommendations from the local health authorities.



SPECTATORS FLOW IN VENUE

- Local government rules will dictate if the competition can be open to public or not.
- Social distancing should be respected in all the areas where spectators are located. In this regard, the LOC is recommended to create a venue layout where the event can be viewed from multiple locations.

- All the flows within the venue must be one-directional. Spectators are advised not to stop in narrow sections of the corridors.
- On tribune 2m distance between the seats should be planned.
- Area for athletes and teams should have separate entrance and exit.
- VIP area should have its own entrance and exit.
- All areas must respect governmental requirements and restrictions valid at the time of the event.



MEDIA ZONES

- Accredited media representatives must be limited, taking into account social distancing and the available space. Required distancing shall respect recommendation of WHO and requirements/restrictions of Government in LOC country valid at the time of the event.
- The media centre must be prepared with at least 2m between each seat and each row of seats.
- The wearing of masks/mouth-nose face covering and rubber/disposable gloves when interacting with people is strongly recommended to be enforced.
- On the photo stand, a distance of 2m must be kept between the photographers and all available positions must be pre-marked.
- In the Mixed Zone, the media representatives must keep a distance of 2m from the athletes at all times. Floor marking must be placed.
- The media representatives must go through the same health screening process as the rest of the accredited groups.



ATHLETE SERVICES

Changing rooms

- Capacity of athletes' changing rooms should allow social distancing.
- Only athletes and NF medical personal (physio, team doctor) can have access to athletes changing rooms.

- Natural methods of ventilation should be preferred over air-conditioning.
- In case of excessive heat, local medical director may approve central air-conditioning.

Airport transfer

- Special transport must be organized by LOC.
- Disinfectants must be made available.
- Drivers should wear mouth and nose covering mask, unless separated by plexiglass from others.
- Use of masks by teams is recommended, obligatory if required by local health authorities at time of event.

Venue transfer

- Walking is preferred if distance between venue facilities and physical health allows.
- 2m social distance rule must be applied also in buses – for example only every second row can be occupied.
- Windows must be opened to allow ventilation.
- Users are recommended to wear face masks while on board, for driver face covering is obligatory unless separated from others by plexiglass.

Training facilities

- Number of participants at training facilities must respect restrictions made by local Government.
- LOC should propose schedule for each venue to spread out users.
- Official training facilities should be closed for public.
- Anyone not doing physical activity should wear face protection.
- Temperature measurement station should be established on access to venue, use of IR thermometers is recommended.

Technical meeting

- LOC may limit number of participants per team in relation to the room size. Capacity of the room should in any case accommodate 1 representative per national team and technical staff.
- Disinfection should be available at the entrance to the room.
- In room, opened windows should be preferred over air-conditioning.

- Each participant should wear mouth and nose covering mask throughout the meeting and keep distance of 2m from other participants.
- LOC should evaluate if technical meeting cannot be organized in open air.



COMPETITION

- Wearing face masks is mandatory in all indoor venues such as fencing hall and swimming pool.
- In outdoor venues it is highly recommended to wear masks in any situation where the minimum 2m distance cannot be respected.

Swimming

- Athletes and team members with symptoms of acute respiratory illness are not allowed to enter swimming pool area.
- Team members and non-competing athletes are recommended to wear face masks near the swimming pool.
- Judges and technical officials are recommended to use face shields instead of face masks if available to them.
- If outdoor swimming pool can be arranged, it is a preferred option.

Fencing

- Athletes, team members and spectators with symptoms of acute respiratory illness are not allowed to enter fencing hall.
- Athletes must wear nose & mouth covering protection when not competing.
- Coaches must wear nose & mouth covering protection at all times in fencing hall.
- Judges and technical officials are allowed to use face shields as an alternative to face masks.

Riding

- Volunteers, Judges and coaches must wear face masks.
- Saddle and reins must be disinfected after each user.
- Horses are at low risk of COVID-19 infection, and there is no evidence (October 2020) they can spread COVID-19 to humans.

Lasers Run

- Only athletes can touch the gun; if team members touch the gun the handle must be disinfected with wet cloth.
- Tables – shooting positions – must be disinfected before start of the competition and after each user.
- Electronic devices used by multiple persons must be disinfected using wet cloth.

Breaks

- Where possible, pause between competition parts should be spent in open air space and respecting rules of social distancing.
- Teams travelling, training or living together can stay in a group.
- Always respect minimum hygiene standards and wash your hands with soap and water.



MEDAL CEREMONY

- As normal, the medal ceremony shall be planned outdoors.
- While waiting for all parties, participants should keep 2m distance.
- Athletes and officials should wear face masks.
- Dignitaries presenting the medals should disinfect hands ahead of the ceremony.
- Alcohol-based disinfection should be available on entrance to the podium.
- Physical contact between officials presenting awards and athletes should be limited to minimum.



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