

ARTISTIC
Skating
WORLD
CHAMPIONSHIPS
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PROTOCOL FOR THE ARTISTIC SKATING WORLD CHAMPIONSHIPSASUNCION 2021 IN THE CONTEXT OF THE CORONAVIRUS PANDEMIC (COVID-19)

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1- INTRODUCTION: organization of international SKATING events to be held in Paraguay

This protocol will provide the measures and recommendations for international skating competitions to be held in our country. They are general guides, which will serve the international skating federations and the national team, to apply in the organization of international sporting events to be held in the country, without audience, in the context of COVID-19.

Skating competitions may be held without audience or with the public up to 20% of the capacity of the venue to avoid crowding. Some of the measures implemented in this period of competition are being uploaded and maintained over time, even after the period immediately after the recovery from the pandemic, serving this crisis situation to seek new hygiene practices that aim to avoid a similar situation .

It is important to remember that national sanitary measures, resolutions and decrees prevail over the recommendations in this document, so this guide does not cancel or replace the measures taken by the Ministry of Public Health and Social Welfare and the National Government in respect to the pandemic. .

This guide is intended for athletes, coaches, judges, support staff, technical delegates and everyone involved in the organization of a sporting event. It will be updated as necessary, based on new knowledge and advances in the field of treatment, detection, and strategies to decrease the spread of COVID-19.

2- LEVEL OF RISK OF CONTAGATION ACCORDING TO THE SPORT. (Analysis in relation to other sports modalities)

According to the analysis of physical contact and closeness of their peers, for the realization or execution of the discipline, it is deduced that figure skating, in all its modalities, is at the level of contagion risk, low or slight

3- INITIAL RECOMMENDATIONS

3.1- As a general rule of this protocol, the principles of COVID-19 mitigation cited below:

- Maintain physical distance of at least one and a half meters constantly.
- Use of a mask in all public spaces, you can take it off to eat, train or compete in the case of athletes, the support staff must wear it at all times.
- Ventilate the rooms every 20-30 minutes
- Handwashing with soap or alcohol gel daily for 30 seconds, before and after handling food, after using the bathroom, after coughing or sneezing, and after touching common areas.

These mitigation measures are strictly applied by teams, athletes and support personnel, to mitigate the risk of contagion.

3.2- Each international Federation or national team, as well as all those involved in the technical and judging staff, must be responsible for presenting a limited list, and must designate a person responsible for the event to enforce this protocol, verify the filling of the the form for monitoring signs, symptoms and risk factors of COVID-19 (Annex 1), deliver when requested the documents of: medical insurance with coverage for sports accidents and COVID-19 clause, results of the SARS detection tests -COV-2 and medical certificate of people with risk factors.

3.3- All participants (athletes and support staff) will be required to have medical insurance with COVID-19 coverage, and sports accident coverage for athletes, to attend to medical eventualities or disability.

3.4- Participation in the event of people with risk factors.

Serious symptoms and complications of COVID-19 appear in people with risk factors (Annex 1), for which we recommend that people with uncontrolled risk factors do not participate in it. If your assistance is essential, you must have a medical certificate with the diagnosis, classification, degree of severity and current treatment of your illness.

3.5- Athletes and support staff must inform the doctor in charge or in charge of the protocol, if they present or presented in the last 10 days any symptoms such as: fever (temperature over 38° C), cough, fatigue / tiredness, body pain / myalgia , sore throat, nausea, vomiting or diarrhea, conjunctivitis, headache, loss of taste and smell, skin problems (erythema, hives). In addition, you must report if you were a contact for a suspected case or confirmed case of COVID-19.

3.6- The event organizer will designate a protocol manager or COVID-19 coordinator, who must have up-to-date knowledge of the directives established by the MSPyBS and the WHO, maintain contact with the local health authorities, evaluate the progression of the pandemic in the period prior to the competition, guarantee compliance with these protocols in the competition and ensure strict compliance with the protocol for handling suspected cases, confirmed cases and the identification of close contacts.

3.7- The event organizer will have an access record (manual or digital) of the athletes, people involved in the event for the following areas: official transfer, entry / exit from training and competition track, entry / exit from official hotels , in order to have the corresponding information in the event that someone is positive and to be able to activate the protocol more effectively.

4- SAFE TRANSFER

If you travel by bus, take into account the following:

- We recommend traveling with the minimum number of people (only the authorized list).

- Wear a mask at all times, it is difficult to maintain a physical distance of one and a half meters in crowded areas and between passengers.
- Maintain a physical distance of one and a half meters, avoid contact with people outside your delegation and limit stops during the trip.
- If possible, sit in a single row or a seat away.
- Travel with the windows open if the intercity transport line allows it.
- It is recommended to hire a bus to transport only the delegation.
- Extreme care in bus terminals.

If you travel by car, keep the following in mind:

- We recommend traveling with the minimum number of people, if they are not from the family.
- Wear a mask at all times.
- Maintain a physical distance of one meter (sit in the back seat).
- Travel with the windows open.

5- SAFE ACCOMMODATION

5.1- Recommendations for a safe accommodation

- Comply with and respect the mitigation principles (mainly use of a mask and physical distance).
- Avoid going to areas of common use or with a high flow of people (do not crowd).
- Minimize contact with other guests and hotel or accommodation staff.
- Wash your hands before entering the hotel.
- Request that meals be brought to the room in order to avoid crowded areas in the restaurant. If it is in the restaurant, avoid the buffet and have the food served on the table with the recommended distance (two per table or with a distance of 1.5 meters).
- There will be areas designated for the food of the national delegations in the official hotels, avoiding coinciding with the other guests who do not participate in the event.

5.2- Dining room

- Wash hands with soap and water for 30 seconds before and after entering the dining room.
- Respect the distance of one and a half meters when making the line in the dining room.

- Only touch what is going to be consumed and / or used.
- Take off the mask only to eat and stay in the dining room as little as possible.
- Respect the designated places, DO NOT MOVE the chairs and keep your distance at all times. 2 people per table is recommended at opposite ends.
- Keep the dining room ventilated.
- Buffet service, prepared exclusively for delegations in a different space to be confirmed by each hotel.

6- DOCUMENTS

6.1- Athletes, support staff and other participants must sign an informed consent (Annex 2).

6.2- The following documents will also be requested:

- Travel insurance (with coverage for sports accidents and COVID-19 clause. Recommended by the COL of ASWC Asunción 2021)
- PCR test carried out on all those involved upon arrival in the country before the start of the event
- Rapid antigen detection test by nasopharyngeal swab performed on everyone involved every 48 hours and / or before the start of the event.
- Medical certification if you present any risk factor and your attendance at the event is essential.
- Medical certification of fitness for sport (for athletes who have contracted COVID-19).

Note: the participant who has contracted the COVID-19 disease in the 90 days prior to the start of the competition must prove this situation by presenting the RT-PCR test, antigen detection test and / or the serological test (positive).

7- TAKING TEST FOR COVID-19

Mild risk sports:

For all athletes and coaches, from the international federations and the national team, the PCR detection test will be carried out upon arrival in the country, upon arrival at the hotel, and rapid antigen detection test by nasopharyngeal swab carried out every 48 hours and / or before the start of the event. At all times, emphasis will be placed on compliance with and respect for the mitigation principles (physical distance, use of a mask, hand washing and ventilated environments).

The judges, officials and support personnel must also comply with the requirements established for athletes, regarding the performance of COVID-19 detection tests, and strict compliance with mitigation measures.

The person responsible for Compliance with the COVID-19 Protocol will be in charge of controlling the performance and handling of the test results.

8- SPORTS STAGE

8.1- Hygiene and Tuning of the Sports Stage:

- At the entrance of the sports venues, SND Arena and Polideportivo CEO of the COP will have installed a portable sink, with liquid soap, disposable paper towels and a trash can.
- Signs will be posted on COVID-19 symptoms, hand washing techniques, respiratory etiquette, use of a mask and physical distance.
- The organizer will ensure that the restrooms have water, liquid soap dispenser, paper towel dispenser and pedal bin with lid.
- Sports venues will be ventilated (if closed).
- The changing rooms will only be used for the athlete's set-up, the use of the shower will NOT be allowed.
- There may be places for the sale of snack-type foods and beverages
- The stands may have public access, up to 20% of their capacity, which will be supervised and monitored by the Ministry of Public Health and Social Welfare. The areas for athletes and the public will be delimited, maintaining a distance of one and a half meters.
- Maintain the general cleaning of the sports arena daily, and according to the shifts established in the competition program for disinfection of the track and change of judging panels.

9- COMPETITION

- Only duly accredited athletes may compete.
- Only duly accredited coaches may attend.
- Only duly accredited judges, data operators and calculators can make up the judging panel.
- Only duly accredited delegates will be able to witness the development of the competition, assist athletes and coaches and submit claims, as established by the international regulations of World Skate.

- National and international authorities, members of the Directive Commission of the CPP, members of the National Technical Committee, and members of the press, must carry accreditation during their stay at the venue where the event takes place, and ensure strict compliance with the mitigation measures.
- The competition will be held at the SND Arena sports center, and the COP CEO sports center, which have the minimum regulatory measures
- The established schedules must be strictly adhered to, both for competition and for cleaning and disinfection.
- Athletes must arrive 120 min before the estimated time of their competition, in order to comply with the sanitary protocol, carry out warm-ups in the corresponding delimited area and once the competition is over they must leave the competition venue.
- Skaters may enter the track for warm-up or competition, up to 6 (six) at a time.
- Each International Federation and national team must have a delimited rest space, exclusively for skaters (maximum 6) and coaches (maximum 2) where they can leave their belongings. It will have chairs, located every 2 meters. Each skater must have their disinfection equipment.
- Coaches must remain with the mask throughout the event and maintain the recommended distance.
- The competition judges must remain with the mask throughout the event and maintain the recommended distance.
- The people responsible for the technical table, audio and voice over, must remain with the mask throughout the event and maintain the recommended distance.
- The court should be cleaned according to the schedule established in the event for the necessary.

10- MEDICAL SERVICES OF THE EVENT

- Medical services will be aimed at: athletes, support staff, judges, referees and members of the organizing committee, members of World Skate.
- The organization of the event will be in charge of the medical service.
- Have medical care, nursing and lifeguards services.
- If a referral is required, have an ambulance service for your transfer.
- In addition, it must have an evaluation and care area for respiratory patients.

11- PROTOCOL FOR SUSPICIOUS AND POSITIVE CASES OF COVID-19

11.1- Suspicious case: presence of any sign / symptom related to COVID-19 or contact with confirmed case.

- You are not allowed to enter the sports arena.
- Their isolation in accommodation established by the organization for quarantine is recommended.
- Self-report to 154 and follow the instructions (taking a sample to detect COVID-19).
- You will be referred to a health center in case of presenting any warning signs (fever for 72 hours, respiratory difficulty with a choking sensation, chest pain, persistent cough, diarrhea and vomiting with dehydration), according to the health insurance coverage international acquired by the person.
- Communicate to the Protocol Manager or COVID -19 coordinator of the event about the case and he / she will carry out daily monitoring to assess symptoms or the need to take an RT-PCR test according to the self-report to 154.
- The Protocol Manager or COVID-19 coordinator of the event must verify the cleaning and disinfection of the sports scene in which the person suspected of the disease was, with emphasis on the surfaces that are most frequently touched.
- Insist on the mitigation principles: physical distance, use of a mask, hand washing and ventilated environments (maintaining at least a distance of 1.5 meters) and not sharing personal utensils.

11.2- Confirmed case of COVID-19: Any person who presents a detection test positive for SARS-COV-2 from laboratories authorized by the organization.

- Isolation in the accommodation established by the organization for quarantine.
- Communicate to the Protocol Manager or COVID-19 coordinator of the event, so that this report the case to the National Directorate of Sanitary Surveillance of the Ministry of Public Health to decide how to handle the case. Email: dnsv@mspbs.gov.py. number: (021) 444 274. National contact center: 154.
- Carry out daily monitoring of the case, see its evolution, health status and compliance with the protocols.
- The Protocol Manager or COVID-19 coordinator of the event must draw up the epidemiological tree to identify close contacts and request a detection test for those contacts.
- The Protocol Manager or COVID-19 coordinator of the event must verify the cleaning and disinfection, especially of the area where the confirmed case was.

Appendix 1.

COVID-19 SYMPTOMS AND RISK FACTORS MONITORING SHEET

DATE:

NAME AND SURNAME: AGE:

QUESTIONS

DO YOU PRESENT OR PRESENT ANY OF THESE SYMPTOMS IN THE LAST 10 DAYS?

FEVER	YES/NO
COUGH	YES/NO
FATIGUE / TIREDY	YES/NO
BODY PAIN / MIALGIA	YES/NO
THROAT PAIN	YES/NO
NAUSEA / VOMIT / DIARRHEA	YES/NO
CONJUNCTIVITIS	YES/NO
HEADACHE	YES/NO
LOSS SENSATION OF TASTE	YES/NO
LOSS SENSATION OF SMELL	YES/NO
ERYTHEMA / URTICARIA	YES/NO
RESPIRATORY DIFFICULTY	YES/NO
PAIN / PRESSURE IN CHEST	YES/NO
CONTACT WITH PERSONS WITH SUSPECT COVID 19	YES/NO
CONTACT WITH PEOPLE WITH COVID 19 POSITIVE	YES/NO

TEMPERATURE:

DO YOU HAVE ANY OF THESE RISK FACTORS?

DIABETES	YES/NO
ARTERIAL HYPERTENSION	YES/NO
CHRONIC OBSTRUCTIVE LUNG DISEASE	YES/NO
SMOKING	YES/NO
CARDIOPATIA	YES/NO
ASTHMA	YES/NO
MORBID OBESITY	YES/NO
AGE OVER 60 YEARS	YES/NO
IMMUNOSUPPRESSION	YES/NO

Appendix 2.

INFORMED CONSENT

I _____ with Passport No. _____; I manifest that I am aware of and accept the "PROTOCOL FOR THE PROMOTION OF HEALTH, PREVENTION AND PROTECTION AGAINST COVID-19 IN THE CONTEXT OF THE CORONAVIRUS PANDEMIC (COVID-19)" and I assume the obligation to respect them during my time of stay in Paraguay, during the competition and stay in the SND Arena and the Olympic Park, training courts and accommodation venues.

Likewise, I declare that I am aware of the risk involved in traveling and competing in the current conditions of transmission of the SARS-CoV-2 virus and of the risk of being exposed or infected when leaving my home to move, train and compete; and that such exposure or infection could cause personal injury, illness, permanent disability, or death.

I declare that I have been informed of the need to carry out SARS-CoV-2 detection tests (RTP-CR and / or rapid antigen detection test), at the date and place specified by the organization of the event, and that the performance of said tests are required to participate without causing risk to public health.

Therefore, I give my consent for my personal data and the results of the examination and test to be sent to the relevant health authorities and organizers of the event.

In addition, I exonerate from all responsibility the National Secretary of Sports of Paraguay, the Paraguayan Olympic Committee, the Paraguayan Skating Confederation or event organizers in case of being infected with the SARS-CoV-2 virus, assuming that such contagion can occur, as well implement complete and rigorous health security measures to minimize the risk that will never be eliminated.

Therefore, I fully assume the expenses that may be incurred in case of being infected with the SARS-CoV-2 virus (medications, isolation, hotel, hospitalization, UTI, etc.).

Name: Signature:

Date:

Federation: