

Welcome



• In this meeting

- Tom Hollowell (moderator) IOF Secretary General/CEO
- Raul Kudre WSOC Event Director
- Mare Parve WSOC Secretary/Head of Event Office
- Kaarel Lehtoja WSOC Covid Officer
- Küllike Jaama WSOC Medical staff
- Sixten Sild WSOC National Event controller
- Olli Heinonen IOF Medical Expert
- Representatives from participating teams
- Observers

Meeting Rules



Video camera:

Press here to turn the camera on and off. (a red line over the camera indicates when it is turned off.

Microphone:

Press here to turn your microphone on or off. When there is no red line over the symbol (as here), everyone can hear you.

"Raise your hand"-

Press this button if you would like to comment or ask a question. The meeting moderator will tell you when.

Chat:

By pressing here the meeting chat will be visible on the right side of the screen. Have the chat visible during the entire meeting. You may enter a question into the chat function at any time. The meeting moderator will read and clarify the question.

Leave the meeting:

Press here if you wish to leave the meeting. If you wish to re-enter the meeting simply follow the same procedure as when you first logged on.

Please turn off video and mute your microphone during the presentation and when not commenting or asking a question.



INTERNATIONAL ORIENTEERING FEDERATION

BULLETIN COVID-19

Valid for IOF major events

**Version 1
10 February**

Bulletin content



- **Goals**
- **Informations Structure**
- **IOF Principles**
- **Actions at different stages**
 - **Before the event**
 - **Entering the "Bubble"**
 - **During the event**
- **In case of illness or positive test result**
- **Monitoring and follow-up**

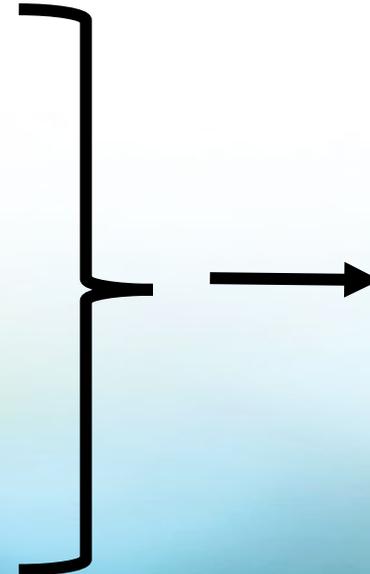
Goals

- **Zero Covid-19 virus spread at IOF orienteering events**

- **Well prepared event participants**

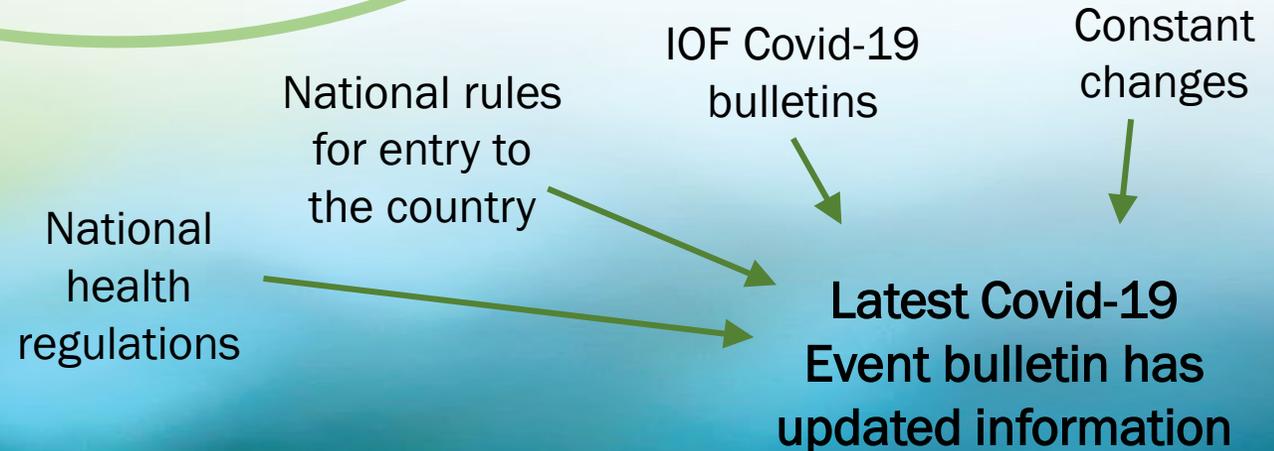
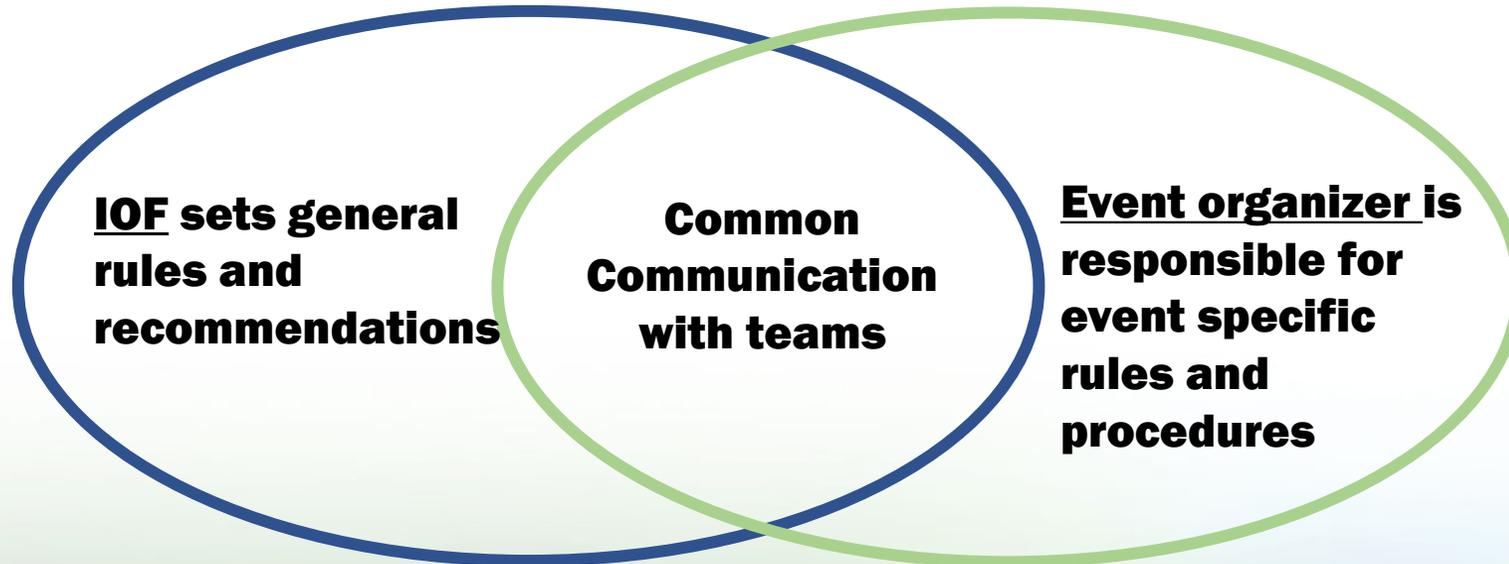
- Teams
- Athletes
- Organizer staff
- Media
- Everyone!

- **Communicating best practices to be followed by organisers and participants**



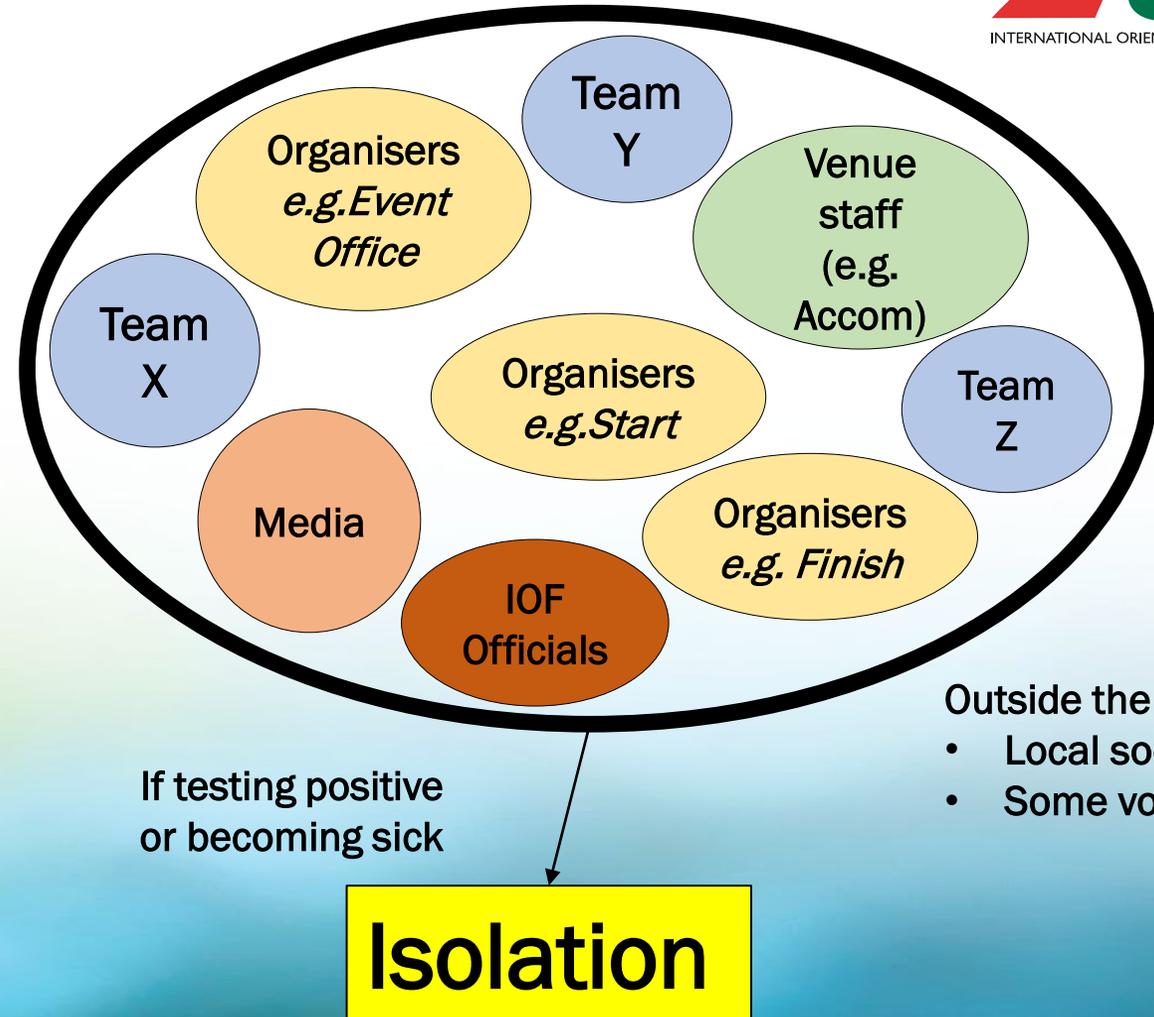
**Minimized risks
and a safe
competition
environment**

Information structure



Event “Bubble(s)”

- **PCR testing required to enter the Bubble and to stay in the Bubble**
- **Strict rules to avoid contacts outside the Event Bubble**
- **Minimize contacts within the Event Bubble**
- **Be aware that the Bubble is virtual, not physical, i.e. everyone is not in the same accommodations**



Key principles

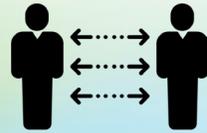
• Pillar 1: Responsibility

- Full compliance expected
- Frequent participants health reporting
- Non-obeyance may lead to individual and/or team sanctions



• Pillar 2: Distance

- Isolation of persons with symptoms or positive test.
- Avoid contacts
- Restricted areas
- Regulated flow of people
- Separating groups
- Digitalized processes



Created by Icongeek26
from Noun Project

• Pillar 3: Hygiene

- Masks
- Hand-washing
- Disinfection
- No handshaking
- Respiratory hygiene
- Meal service



Focus on personal responsibility!
Obeyance is a prerequisite for coming
events

Protection timeline

Before the Event

Entering the Bubble

During the Event

Before the event

- **Maximize chance of being virus free when entering the bubble**
 - Stay “isolated” 10 days prior to travel
 - Limit social contact
 - No club or open trainings or competitions
 - Special attention to high level of hygiene from 10 days prior to travel
 - Observe any signs of symptoms/illness
- **If having had Covid-19**
 - Bring documentation of previous PCR test
- **Transport to event country**
 - Consider using non-public transportation if possible (e.g. own car)
 - Take special care of precautions during travel (social distancing, wearing of masks, frequency of washing hands and sanitizing)
 - Limit the number of individual contacts, e.g. Team Leaders take collective responsibility where possible.
- **Team level: Consider hotel bookings to adhere to rules and risk of isolation**
- **Consider Individual and Team Insurance needs**
 - All isolation, quarantine, medical and testing costs are the responsibility of the individual/team



If pre-event PCR test is positive



- **If pre-event positive result is due to previous Covid-19 infection (so-called "weak positive")**
 - Proof of previous infection must be provided in advance
 - Doctor's certificate AND
 - Copies of previous PCR tests proving the infection
 - Note: Antigen tests are not valid proof
 - Note: Doctor's Certificate based upon observation only is not valid proof
 - Decision about participation will be made by the Local Health Authorities and the Organiser
 - The decision is final
 - Additional testing may be required or may be waived
- **Any other positive test result will mean that participation is not allowed, i.e. you will not be able to enter the country of the event.**



Entering the bubble



- **Rules for entering the country are to be followed**
- **All participants to be tested**
 - Only PCR testing counts
 - Strict time limit for validity of test
 - Antigen test is not sufficient
 - Vaccination does not count
 - Health declaration to be signed
- **All testing at own expense**
- **Event has a defined dedicated Covid-19 contact person**
- **Positive tests are handled by local health authorities**

Entering the bubble



- **What if test at the event is positive**

- Participation at the event will not be allowed
- Immediate isolation of the affected person
 - Local Health Authority will determine regarding quarantine and further testing
 - Period of quarantine (normally 14 days)
 - May be an effect on roommate(s) and other team members (e.g. Isolation)
 - It most likely will not be possible to travel home until quarantine period is over
- Remember that all isolation, quarantine, medical and testing costs are the responsibility of the individual/team

During event

1 (6)



- **Pillar 1: Responsibility**

- Daily health report if required
- Act on any sign of Covid-19 related symptom
- Strict accreditation rules for entering arena



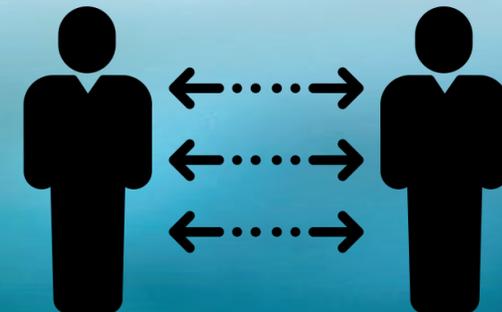
During event

2 (6)



• **Pillar 2: Distancing**

- Eliminate contact with persons outside the bubble (as far as possible)
- Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)
- Only competition-related activities allowed. All out-of-competition activities are forbidden.
- Even within own team, proper distancing may lessen the effect of potential quarantine on the whole team



During event

3 (6)

• **Pillar 3: Hygiene**

- Mask usage
- Respiratory hygiene
 - Cough in handkerchief and dispose

- Hand-washing
- Disinfection
- No canteen at arena
- No common showers



During event

3 (3)

• **A few words about facial masks**

- Surgical mask or better standard generally required
 - Dispose of frequently – limit re-use
 - Cloth masks are not recommended
- Mask shall be used – as frequently as possible
 - Outside own room, except when exercising or eating
 - At meals, except when actually eating
 - Wear if collecting food (e.g. if buffet style)
 - Wear when sitting at table but not eating
 - During transport
 - In arena, except when active (warm-up, competition, cool-down)



During the event

4 (6)



- **Event Office (EO)**

- Contact with the Event Office shall primarily be via telephone, limit physical visits
- Any required visits should be scheduled to prevent congestion
- Team Officials Meetings will be held virtually

- **Accommodations and Meals**

- Accommodations should be organised physically to minimize contact between different teams
- Meals should be organised to minimize contact between teams, think about restaurant or cafeteria capacity
- Follow all venue and organiser instructions

- **External contacts**

- It is not allowed for athletes to visit grocery shops, pharmacy and other external shops and establishments (Restaurants, cafés etc)
- Team leaders may visit grocery and pharmacies on behalf of the team. Note: the number of team leaders with external contact should be limited and they should have limited contact with athletes.

Principle: Eliminate contact with persons outside the bubble (as far as possible)

Principle: Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)

Principle: Only competition-related activities allowed. Avoid all out-of-competition activities.

During the event 5 (6)



• **Transport to trainings and competitions**

- Own transportation is recommended
 - Think about capacity
- Observe correct precautions (social distancing, wear mask, proper hygiene)
- Schedule transportation to minimize time in the competition center/arena
 - Avoid long waits for starting times
 - Leave the competition center as soon as possible after the finish
 - Avoid waiting for each other to start/finish (e.g. Women for Men or vice versa)

• **At the competition arena**

- Limit contact between groups (athletes, organisers, officials, the public) as much as possible

Principle: Eliminate contact with persons outside the bubble (as far as possible)

Principle: Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)

Principle: Only competition-related activities allowed. Avoid all out-of-competition activities.

During the event 6 (6)



- **During the competition**

- Start
 - Beware of good social-distancing and avoid crowding
 - Use available hand sanitizer
- Water/drink stations are organised to minimize potential virus transmission
- Finish area
 - Leave the area as soon as possible after finishing
 - Mask on after finishing

- **At the competition arena**

- Precautions are taken for any required transport of athlete equipment from start to finish
- Media zones will be socially distanced

- **Ceremonies (if held)**

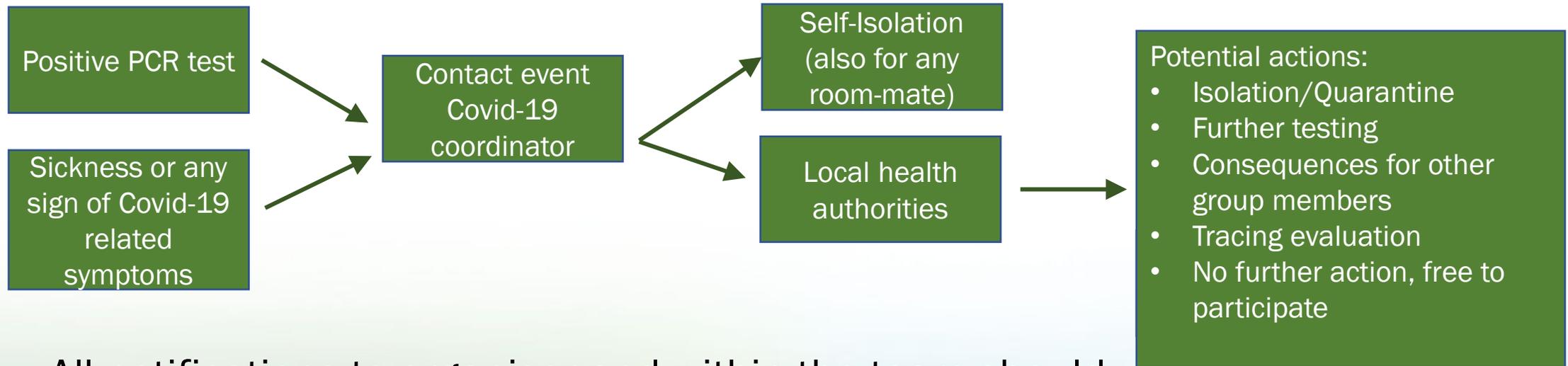
- All ceremonies will be held outdoors
- Awards ceremonies will be organised with limited personal contact.

Principle: Eliminate contact with persons outside the bubble (as far as possible)

Principle: Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)

Principle: Only competition-related activities allowed. Avoid all out-of-competition activities.

If you become sick or experience Covid-19 symptoms



- All notifications to organiser and within the team should be virtual, i.e. No physical contacts

A few final items



- **All organisers and persons who potentially may be in contact with athletes and team members are within the bubble**
 - Have undergone PCR testing
 - Will follow the same precautions as athletes/teams
 - Includes media and external officials
- **The organisers will monitor adherence to the Covid-19 Bulletin regulations**
 - Not following the regulations may lead to loss of accreditation and right to participate
 - Flagrant abuse may lead to referral to the IOF Ethics Panel for potential individual or team sanctions



WSOC 2021 Specific Bulletin Presentation

**Detailed information may be contained in several other
organisers Covid-19 Bulletins, e.g. Testing procedures**

WSOC 2021 main principle



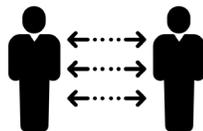
• Pillar 1: Responsibility

- Full compliance expected
- Frequent participants health reporting
- Non-obeyance may lead to individual and/or team sanctions



• Pillar 2: Distance

- Isolation of sick persons
- Avoid contacts
- Restricted areas
- Regulated flow of people
- Separating groups
- Digitalized processes



Created by Icoongeeek26 from Noun Project

• Pillar 3: Hygiene

- Masks
- Hand-washing
- Disinfection
- No handshaking
- Respiratory hygiene
- Meal service



Very high sense of personal responsibility

Before the event

WSOC 2021



- **Severly limit social contacts from February 14**
 - The Bubble starts here!
- **PCR test to be taken not earlier than 72 hours prior to departure from home country**
 - Test result (negative) must be sent to the organisers in advance (English, Finnish or Russian language OK)
 - Antigen test not valid
 - Test to sent wsoc2021.covid72h@peko.ee
- **Travel to Estonia**
 - Have testing documentation available for entry to Estonia
- **Download the Estonian Covid-19 tracing app HOIA**
 - More information at <https://hoia.me/en/>

If PCR test is positive (pre-event)



- **If positive result is due to previous Covid-19 infection (so-called "weak positive")**
 - Proof of previous infection must be provided in advance
 - Doctor's certificate AND
 - Copies of previous PCR tests proving the infection
 - Note: Antigen tests are not valid proof
 - Note: Doctor's Certificate based upon observation only is not valid proof
 - Decision about participation will be made by the Estonian Health Board and the Organiser
 - The decision is final
 - Additional testing may be required or may be waived
- **Any other positive test result will mean that participation is not allowed i.e. travel to Estonia will not be possible**

Entering the Bubble

WSOC2021

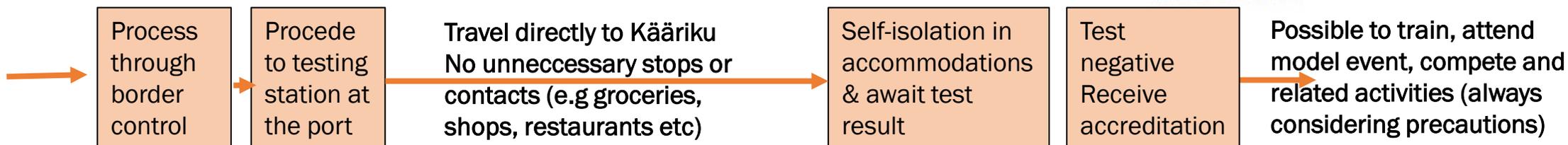


- **PCR test to be taken as first order of business upon arrival to Estonia**
 - Absolutely latest up to 24 hours after arrival
 - Results will be available approximately 12 – 24 hours after being taken.
 - Testing location and process depends upon arrival place
 - Schedule for testing at the Event Office will be pre-agreed
- **Until PCR test result is known self-isolation at accommodations**
 - Main rule is to stay in own room with no external contacts
 - Limited outdoor stay, but in accordance with precautions (social distancing, wearing mask)
 - Ordered meals will be packaged for Team Leaders to collect and distribute to the rooms
 - Follow all organiser instructions
- **Accreditation for the Event will not be allowed until negative test is confirmed**
 - One designated Team Official shall process accreditations for the entire team
 - No accrediting of athletes individually
 - No training, model events or competitions prior to receiving accreditation.
- **Remember to activate the tracing app HOIA on smartphones**

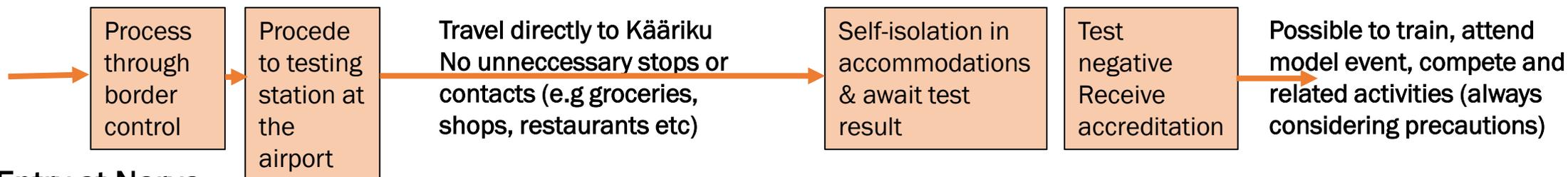
Entry and testing



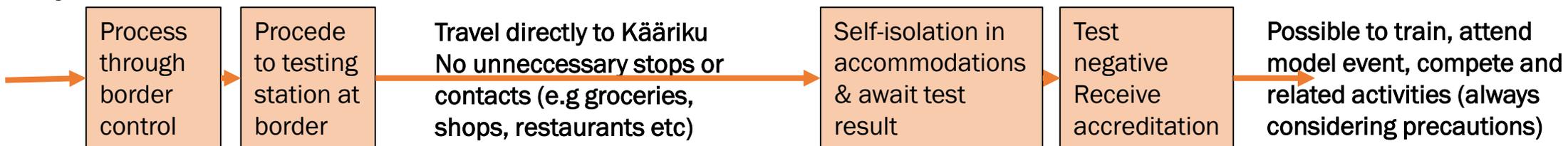
Entry at Port of Tallinn/ Port of Paldiski



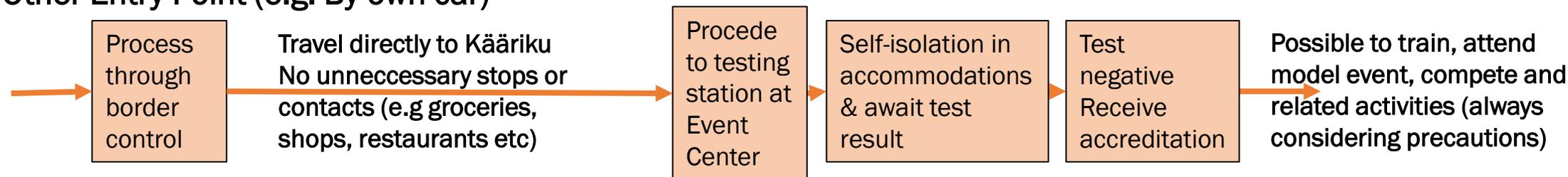
Entry at Tallinn Airport



Entry at Narva



Other Entry Point (e.g. By own car)



Entering the Bubble

WSOC2021



- **What if a test at the event is positive**
 - Participation at the event will not be allowed
 - Immediate isolation of the affected person in separate quarantine hotel
 - Estonian Health Board will determine regarding the quarantine and testing
 - Period of quarantine (normally 10 days)
 - Effect on roommate(s) and other team members
 - It most likely will not be possible to travel home until quarantine period is over
 - All isolation, quarantine, medical and testing costs are the responsibility of the individual/team
 - Teams should consider insurance coverage for potential Covid-19 related costs

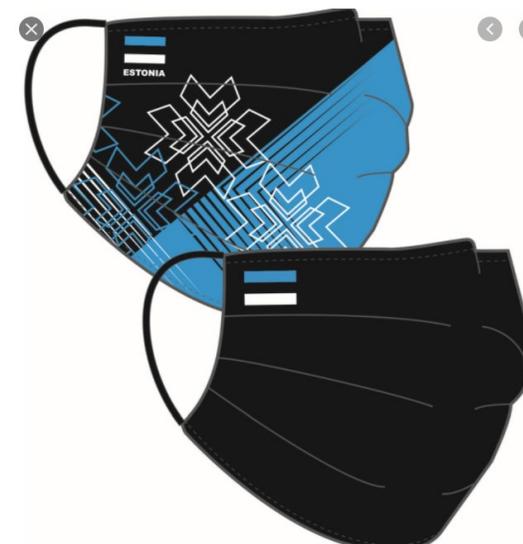
During the Event

WSOC2021



- **A few words about facial masks**

- Surgical mask or better standard recommended
 - Dispose of frequently – limit re-use
- Cloth masks are allowed
 - Frequent washing/should have several
- Mask shall be used – as frequently as possible
 - Outside own room, except when exercising or eating
 - At meals, except when actually eating
 - Wear if collecting food (e.g. if buffet style)
 - Wear when sitting at table but not eating
 - During transport
 - In arena, except when active (warm-up, competition, cool-down)



During the event

WSOC2021



- **Event Office (EO)**

- 22-23.02 visits will be pre scheduled to prevent congestion
- On other days it is allowed to visit Event office by one person at a time, please consider extra time
- Contact with the Event Office shall primarily be via telephone, limit physical visits

Principle: Eliminate contact with persons outside the bubble (as far as possible)

- **Team Officials Meetings**

- Social distancing and masks required

- **Accommodations and Meals**

- Strictly follow the schedule for meals service per team
- Follow all venue and organiser instructions

Principle: Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)

- **External contacts**

- Note that in Estonia the use of masks is mandatory in all indoor spaces. (We recommend also use outdoors)

Principle: Only competition-related activities allowed. Avoid all out-of-competition activities.

During the event WSOC2021



- **During the competition**

- Start
 - Beware of good social-distancing and avoid crowding
 - Use available hand sanitizer
- Water/drink stations are organised to minimize potential virus transmission
- Finish area
 - Mask on after finishing

- **At the competition arena**

- Transport of athlete equipment from start to finish
 - Responsible will wear mask and gloves
 - Avoid contacts and crowding
- Media zones will be socially distanced

Principle: Eliminate contact with persons outside the bubble (as far as possible)

Principle: Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)

Principle: Only competition-related activities allowed. Avoid all out-of-competition activities.

During the event

WSOC2021



- **All ceremonies will be held outdoors**

- During awards ceremonies mask must be worn, no handshakes

Principle: Eliminate contact with persons outside the bubble (as far as possible)

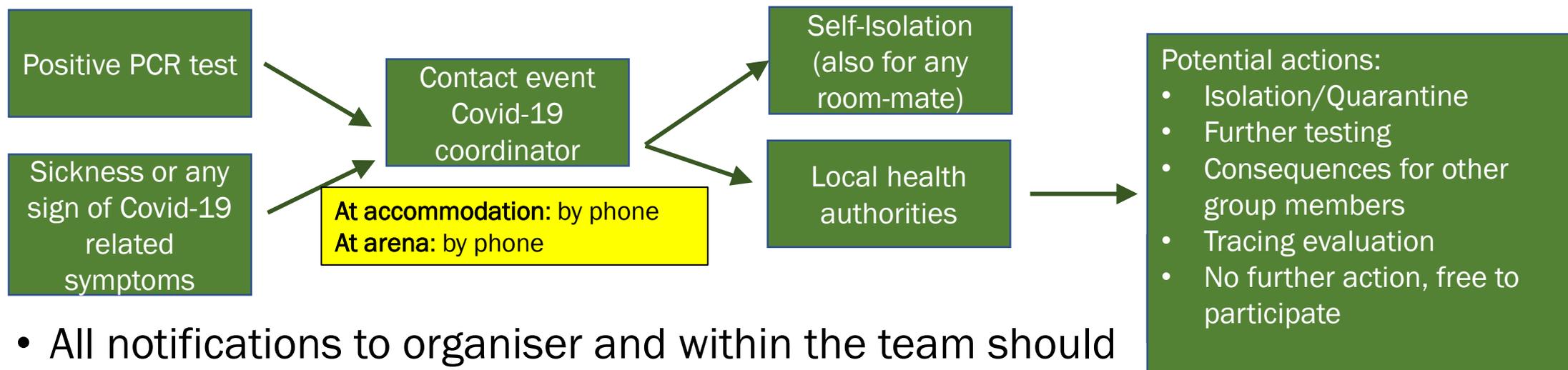
- **At the competition arena**

- Limit contact between groups (athletes, organisers, officials) as much as possible
- Canteen/cafeteria
 - Social distancing and mask required
 - Avoid crowding

Principle: Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)

Principle: Only competition-related activities allowed. Avoid all out-of-competition activities.

If you become sick or experience Covid-19 symptoms



- All notifications to organiser and within the team should be virtual, i.e. No physical contacts
- Organiser will have 24/7 medical representation available
 - Medical assistance will be given
 - Separate quarantine hotel and facilities if needed

WSOC 2021 Covid Officer
Kaarel Lehtoja
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A few final items

- **If arrival to Estonia is on or prior to February 19, an additional PCR test will be required on February 22.**
 - Contact Event Office to schedule testing
- **The organiser can facilitate PCR testing for those needing a negative PCR test before returning to their home country**
 - Contact the Event Office to schedule testing
- **Check the Covid-19 Bulletin frequently for any changes**

Questions (FIN)

- Q. *We shall get Covid-19 test results (PCR) personally on Friday/Saturday prior to our departure. Is it ok, if every single athlete or team official sends his/her result by e-mail to the organizer (wsoc2021.secretary@peko.ee) or should the team doctor collect them first and send altogether to you?*
- A. It is OK to send either individual emails or for the entire team together, but please use the e-mail address wsoc2021.covid72h@peko.ee . Please also remember to make the Subject of the email and the file names as in the instructions sent out from the event office. This is important to lessen the administrative burden on the organisers.
- Q. *We are going to travel 2-3 persons in the same car using masks. If one person gets positive result from Covid-19 test conducted in Tallinn, are other persons (1-2) in that car exposed to Covid-19? E.g. in Tour de Ski this was not the case.*
- A. The Estonian Health Board and organisers consider persons travelling in the same car as having been in close contact so if one tests positive, they will need to isolate also.

Questions (SWE)

- q. *What happens if someone is positive on the test at the airport, will the whole team be in quarantine, only that person or the persons sitting close to that one?*
- A. This depends on how travel has been organised, i.e. how many persons have had close contact during travel (e.g. in car together). See also answer to previous question. Anyone who has been in close contact will need to isolate also.
- q. *What happens if someone gets sick (not covid) during the week. Will the whole team be in quarantine, only that person or the persons living close to that one?*
- A. If someone gets sick, they and anyone who has been in close contact with them will need to self-isolate immediately and contact the Covid Officer of the organiser. They will be tested with both Antigen and PCR test. If the antigen test shows a positive result they will be moved to the quarantine hotel and await the result of the PCR test. If the antigen test is negative and the PCR test is also negative for Covid-19 they may remain in accommodations, self-isolated.
- q. *Sweden will stay in 3 team houses during the week and will therefore have the opportunity to separate the team good during the week. Is there still a risk that the whole nation will be put in quarantine?*
- A. It may be worthwhile to carefully think through the organisation of housing to limit contacts between the 3 houses. In this way, quarantine of the entire team may be avoided. It should also be considered how the travel to the event is organised to limit contacts between the 3 houses occupants prior to arrival.
- q. *Is it ok to use face shield/visor (this plastic thing that covers your whole face) instead of just a mask indoors?*
- A. Use of a visor/face shield does not replace the need for a face mask, but can provide additional protection. So, Face mask only = OK, Face mask + visor = OK, Visor only = NOT OK
- q. *If for example a junior gets sick during the week we need to get the opportunity to leave one leader with that person. Do you have the opportunity to help us with somewhere to stay then? For example something cheaper than a hotel.*
- A. The separate quarantine hotel is a cheaper hotel than the normal accommodations. If a Team Leader stays with the junior and the Leader should get Covid-19 (normal transmission time is 5-8 days) the Leader would have to also stay in an extended quarantine so this could be a longer process. The organiser can help provide digital tools for the Leader to stay in contact with the junior during quarantine to restrict personal contact.

Questions (SWE)

- q. *No insurance is covering if we need to stay in Estonia on a quarantine. Do you have the opportunity to help with some accommodation? Is it possible to stay at the same place?*
- A. It will not be possible to stay at the same place but the organiser can help with finding accommodations. As said before the designated quarantine hotel is cheaper than the normally booked accommodations.
- q. *When I as a leader get the negative test from the airport then I can go to the event office and pay the tests? Or when do I pay?*
- A. All tests will be paid in the Event Office, also those done at the port or airport. The Team Leader should contact the Event Office (by phone) to set up a time to pay for the tests.
- q. *How will the quarantine hotel be paid? Is it an extra cost above the price we already pay for the hotel room or is it "included" in the price and no extra cost?*
- A. The stand-by reservation of the quarantine hotel is paid by the organiser and there is no extra charge for this to teams. If there is a need for a team member to be moved to the quarantine hotel then the cost of the room will be charged to the team.
- q. *Is it possible to get some information about how the meals will be served during the week? Is it buffet? Special times? How is the opportunity to separate different teams? How is the opportunity to separate inside the team? For example extra space around the tables.*
- A. Meals will be served buffet style. A schedule of meal times will be established to spread out the teams. The capacity of the restaurants and rooms will be used at maximum 50% so there will be extra space. The number of persons in the cafeteria/restaurant will be regulated by the accommodations personnel. At breakfast it will not be possible to schedule specific meal times by team since there will be a spread in start times. But with lower use of the capacity in the restaurant there should be room to spread out.

Questions (NOR)

- Q. *On behalf of the Norwegian team I would like to ask about the athlete quarantine at race day. Usually they are held in very small spaces inside.
We just wanted to make sure this has been thoroughly thought through and get to know if the quarantine will be outside so we can prepare the athletes to bring sufficient with clothes for that purpose.*
- A. The quarantine will be at a large sports hall (size of 3 basketball courts) with additional space available in a second floor. The organisers feel confident that there will be adequate room to spread out in the facility. Note that there is a NO SHOES policy in the sports hall. (Clean indoor shoes only)
- Q. *Also, is the reason of the very short gap between WSOC and JWSOC because JWSOC also is broadcasted? That means JWSOC and EYSOC need to stay in the same quarantine.*
- A. All 3 events participants will need to use the same quarantine, but the organisers feel confident there will be enough space. Also the classes will be spread out over start times so if travel is planned appropriately this should not be a problem.

Questions at the meeting

Q. *Will there be masks available at the finish?*

A. Yes, disposable masks will be available for athletes after finishing.

Q. *Will there be any mattresses available in the quarantine area (pre-start)?*

A. No, teams should plan on bringing own mats or similar.

Q. *How will the buffet meals at the accommodations be organised regarding cutlery to reduce the risk of virus spreading?*

A. Either restaurant staff will be available to serve food from a buffet line or there will be organised personal-use serving cutlery for each participant.

We wish..



- **The organisers the very best in preparing and conducting a safe and enjoyable event.**
- **The athletes and teams an enjoyable, although different, championships in a safe environment**
- **For good competitions and true champions!**

Good Luck!