



Baltic Orienteering Championships

ŠIAULIAI 2021

Covid bulletin

WELCOME TO LITHUANIA!

Dear athletes and team officials These are special times, but it's also time for the sport of orienteering to get back on the stage. We understand that you want to be well prepared for the races and perform at your very best during the competitions. Therefore, we think it is important that you can train and compete the days before BOC 2021 to be ready. For the event, it is of great importance that you follow the advice contained in this document the days before and during BOC to ensure that you are not infected when coming to Lithuania and to be able to participate in all the races.

Please consider what the impact for you and the sport of orienteering can be:

- It is for your safety not to risk getting infected and to test positive before the event (you would not be allowed to travel then).
- If you test positive, you risk that your whole team will be excluded from the races if there has not been any clear separation within the team.
- The whole event can be in danger if we have positive cases in several teams or a hotspot during the event.

Thank you for your collaboration and see you in Lithuania!



IGTISA



ORIENTEERING.LT
LIETUVOS ORIENTAVIMOSI SPORTO FEDERACIJA

General conditions related to Covid-19

General advice from WHO at any time:

- Keep distance, stay at least 1.5 metres away from others, even if they do not appear to be sick.
- Wear a mask, especially when you cannot physical distance.
- Manage your risks by thinking about the location and setting of the event, proximity to others and time you will be at the event.
- Avoid crowded places and activities, poorly ventilated indoor locations, and prolonged contact with others.
- Open windows when indoors to increase the amount of outdoor air.
- Avoid touching surfaces, especially in public settings, because someone with COVID19 could have touched them before. Clean surfaces regularly with standard disinfectants.
- Frequently clean your hands with soap and water, or an alcohol-based hand rub. If you can, carry an alcohol-based rub with you and use it often.
- Cover your coughs and sneezes with a bent elbow or tissue, throwing used tissues into a closed bin right away. Then wash your hands or use an alcohol-based hand rub.

We aim to reduce the number of people and contacts to minimize the risk of infection among participants and organizers.

With the actual pandemic rules of Lithuania, all competitors and support staff travelling to Lithuania should avoid self-isolation if they:

- Are vaccinated with European union certificated vaccine and have a certificate
- Had Covid-19 during the last 180 days and have a certificate from a doctor in the English language
- Have negative PCR test within 72 hours

As the participants enter Lithuania for compelling professional reasons and the visit cannot be postponed, athletes and coaches get an exception from the quarantine requirements when entering Lithuania. We will send a confirmation to all entered teams in advance of their travel.

[Covid-19 Bulletin of the International Orienteering Federation](#)

[General rules for travelling/entering Lithuania](#)

[General information about Covid-19 in Lithuania](#)



Recommendations and obligations prior to the event

All participants and organizers are urged to limit unnecessary contacts (including events, training camps, contacts, studies or work) from 10 days before the start of the competition at the event (i.e. self-isolation from 18 May 2021).

Advice from the IOF and the organizers from 10 days before the event/departure to Lithuania:

- Practice home-working if you have the possibility.
- limit external contacts and contacts with other groups.
- You may train and compete to be well prepared for EOC. Train in small groups and/or within the same group and avoid open trainings. Keep the distance to other persons before and after training.
- If you take part in competitions, these competitions need a COVID-protocol which you have to follow.
- Be aware that the risk of getting infected is elevated during travelling, at the assembly point and in discussions with teammates before and after trainings and competitions. Wear masks during these activities. During the training/competition itself, there the risk is reduced as there is enough space and fresh air.
- Avoid changing rooms and common showers, travel directly to the training/competition and return immediately.
- Avoid discussions after the finish line with your teammates, make an online meeting afterwards to recap your experiences or discuss it afterwards while keeping distance between you.
- If you have any symptoms, stay at home/in your room and isolate yourself from other persons and teammates



Recommendations and obligations prior to the event

- Before entering Lithuania, every person must fill in the entry form from the Lithuania government: <https://keleiviams.nvsc.lt/en/form>
- At the border you might be asked about your purpose of the stay. We strongly recommend having these documents at hand:
 1. A printed confirmation of “being a professional athlete or member of the national team” from your federation in English, German or French.
 2. The document except for the quarantine requirements with your name and travel dates on it. Both documents can be made for the whole team (including a list with all names) or on an individual basis.
- If having had Covid-19, you must bring documentation of the previous PCR-test and a medical certificate to show that you are healthy again.
- If having had the vaccine, you must bring a certificate in English.

Accommodation and transport

Teams are spread out in several accommodations. The same “bubble” rules apply to all teams, whether they are using accommodations booked via the organizers, or accommodations they booked on their own. This “virtual bubble” needs a high degree of individual responsibility. It is only allowed to practice competition-related activities (e.g. training, model event). All out of-competition contacts must be avoided. It is forbidden for all members of a participating team to leave the competition area or the accommodation unless it is unavoidable. Avoid journeys by public transport.



Behavior during the event

- Stay only in your accommodation, at the competitions or on the direct route in between. • Do not mix accommodation or subgroups if possible.
- No further contacts and activities such as shopping, visits, sightseeing, etc.
- Avoid body contact.

Hygiene measures

- Wash hands as often as possible (before/after training/competitions, before meals, when visiting sanitary facilities,...)
- Disinfect hands: Entry to quarantines, arenas, etc.

Hygiene masks

- General wearing obligation applies:
 - In closed indoor spaces (including tents, cars, vehicles,...).
 - In the accommodations, quarantines and arenas.
 - Outdoor, when a distance of 1.5 m cannot be maintained over the long term
 - During meetings/instructions.
 - Outdoor, if in the picture of the cameras after the races.

Exceptions to the obligation to wear a mask

- Athletes in the warm-up / cool-down area, pre-start area, competition and during training.
- While drinking or eating/during meals.
- Accommodation: in the room (distance, if possible) Travel/transport • Travel in small groups if possible, avoid public transport.
- Travel with the same persons/room partners (masks!).

What to do if symptoms occur on-site during BOC

- Information to COVID doctor Vesta Aleliūnienė, mobile: +37062024554, Email: vestaambrazaite@gmail.com
- Clarification of the further procedure by the COVID doctor together with the regional authorities
- Other (test, isolation, ...) according to the specifications of the COVID doctor

Summary: to do in advance

Be careful and stay healthy the last 10 days before the event.

- Before entering Lithuania, every person must fill in the entry form from the Lithuania government: <https://keleiviams.nvsc.lt/en/form>
- Carry out a PCR-test before arriving at Lithuania, or be vaccinated and had to certificate, or had to have Covid-19 during last 180 days and had a certificate from a doctor.
- Don't forget to train and prepare despite all Covid-19 measures.

Thank you for your collaboration and see you in Lithuania!

