



INTERNATIONAL ORIENTEERING FEDERATION



WORLD CUP 2021

Round #2 SWE

Idre Fjäll/Sweden, 12 – 15 August 2021



COVID-19 EVENT BULLETIN

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WELCOME TO IDRE FJÄLL

Dear athletes and team officials

It is with great pleasure that we see the sport of orienteering is returning to the world stage. This will of course be the case during World Cup round 2 in Idre Fjäll.

But as we are still in a pandemic, it is very important that you follow the advice in this document both the days before and during the World Cup. Please note that you must have a negative Covid-19 test result upon arrival at Idre Fjäll to get your accreditation and to be able to participate in all competitions. This PCR-test need to be carried out when entering Sweden. More information can be found later in this document.

Public races (13,14,15 August) will be held in separate competition areas, but spectators will be present at the event. However, teams shall avoid and have NO contact with spectators or the public. Any such contacts will be determined to be a violation of the Covid-19 Bulletin rules.

To be as well prepared as possible for the competitions, we hope that you give yourself time to train as much in the terrain before the competitions to be ready. The registration fee includes several training maps that we think will be appreciated.

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

- It is for your own safety not to risk getting infected and to test positive before the event (you would not be allowed to travel then) or at accreditation or during the event (with a possible quarantine time in Sweden).
- If you are tested positive, you risk that your whole team will get 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 hot spot during the event. The local authorities could then stop the whole event and the image loss for orienteering in, general, would be enormous.

Thank you for your collaboration and see you in Idre Fjäll!



Per Forsberg
Event Director World Cup Round #2 in Idre Fjäll

Covid-19 Response Team

A Covid-19 Response Team has been designated for athletes or officials to contact if they experience any Covid-19 symptoms during their stay in Idre Fjäll.

The contact address for the Covid-19 Response Team is covid@owc2021.se. The address is monitored around the clock.

There is also a medical centre with a doctor available on Idre Fjäll where an assessment can be made of any symptoms of Covid-19 or other injuries that may occur during the week.

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 can not keep 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 events, 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 Covid-19 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.

Recommendations before the event

All athletes, officials, teams, 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 2 August 2021).

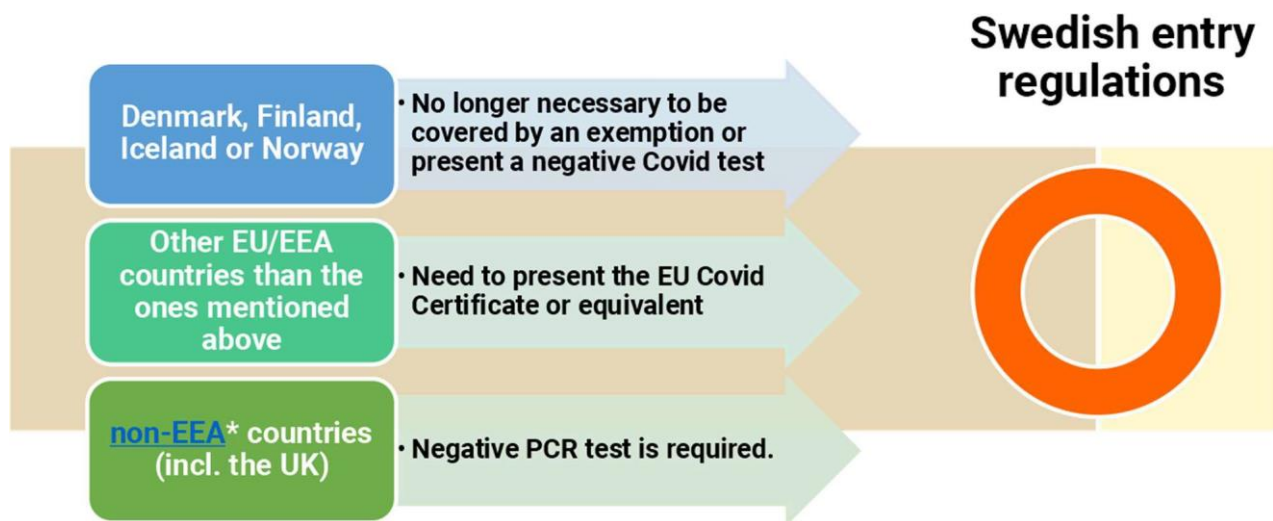
Advice from the IOF and the organizers 10 days before the event/departure to Sweden:

- practice homeworking if you have the possibility
- limit external contacts and contacts with other groups
- you may train and compete to be best prepared for World Cup. Try to train in small groups and/or within the same group. Keep distance to other persons before and after training
- if you take part at competitions, these competitions need a Covid-19-protocol which you must follow
- be aware that the risk to get infected is big 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 is no big risk 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 with keeping distance between each other
- if you have any symptoms, stay at home/in your room and isolate yourself from other persons and teammates
- If arriving early to the event for training, note that you are considered to be in the event bubble already upon arrival. In other words, only training and other competition related activities are allowed, also in the period prior to the event. No sightseeing, shopping, restaurant visits etc."

Traveling to Sweden – General information

Our aim is to reduce the number of people and contacts to minimize the risk of infection among participants and organizers. Therefore, we want to create and maintain a safe so-called competition isolation “bubble”, with teams, organizers, officials, and media representatives who will all have been tested negative for Covid-19. This means that once in the bubble, external contacts, as well as contacts between groups within the bubble, shall be limited or eliminated where possible.

The current pandemic guidelines for entry into Sweden are described in detail in this web link: [Travel to Sweden during the corona pandemic](#)



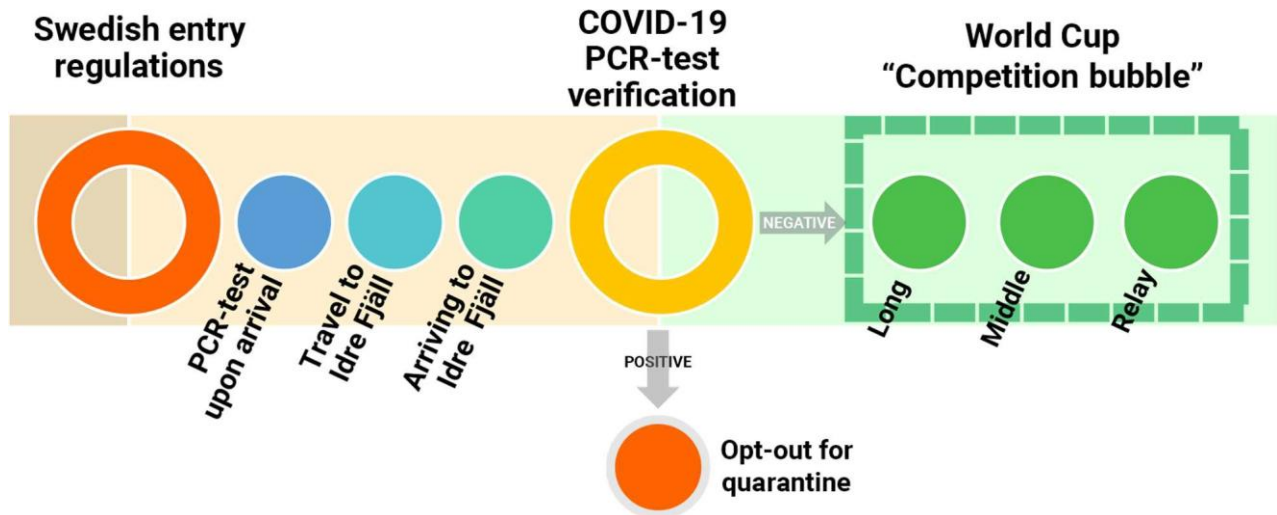
Competitors and support staff from some countries must show a negative Covid-19 test (PCR or Antigen) conducted no more than 48 hours before entering Sweden. This procedure is set by the Swedish authorities.

Participants who arrive in Sweden for compelling professional reasons and the visit cannot be postponed, such as athletes and coaches, are given an exemption from the quarantine requirements when they enter Sweden.

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

Arriving and Accreditation to OWC Idre Fjäll

To get accredited for the competitions, all athletes and support staff staying and being together with the team must go through the following procedure:



- With the name entry on IOF Eventor you accept the following rules:
 - I have read, understood, and will follow all rules and regulations given in the specific Covid-19 Bulletins and information on Eventor. I accept that these rules are valid as additional rules for the event as per IOF Competition Rules §2.5.
 - I will report any potential signs or symptoms of illness to the Covid-19 Response Team covid@owc2021.se.
 - I understand that a positive test result may lead to isolation in Sweden for several days and at own expense.
 - I understand that intentional breach of any rules may lead to exclusion from World Cup Idre Fjäll and future IOF events.

PCR-Test to get an accreditation

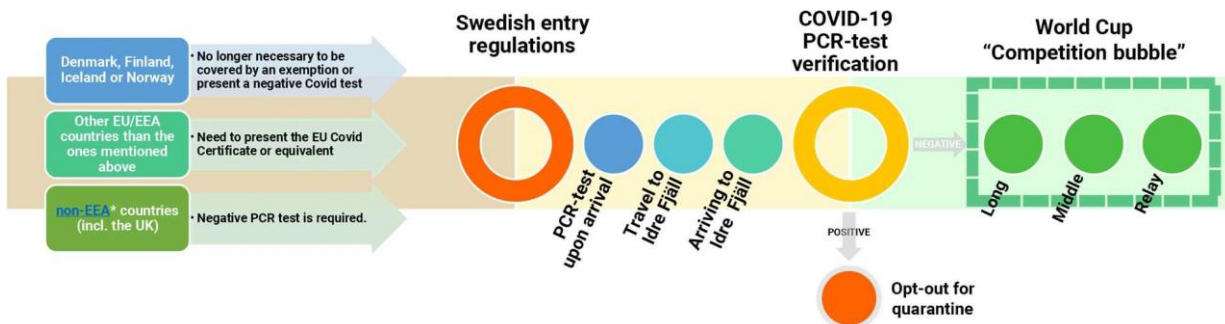
- You need an official negative PCR test taken not before Monday August 9 2021. This test must be presented by a team official (for all team members) upon accreditation.
- After taking the Covid-19 test using the PCR method, you must meet the requirements for self-isolation until the test result arrives (with the help of the competition organizer). You are allowed to be outdoors, close to the accommodations, for exercise or getting some fresh air, but social distancing rules must be followed, always wearing a mask and avoiding all possible contacts.

- We are cooperating with the company ExpressCare in Sweden to handle the tests. Medical personnel from ExpressCare will be present at Idre Fjäll from Tuesday August 10 until Sunday August 15.
 - The required PCR test can be carried out by ExpressCare at Idre Fjäll at the following times: Tuesday August 10 between 18:00 and 21:00 and Wednesday August 11 between 10:00 and 20:00. The results of tests taken on Tuesday or Wednesday will be known at the latest by Wednesday morning 05.00 and Thursday morning 06:00 respectively. This testing method should be used by all participants who are using public transportation to reach the event, and by those arriving to Sweden and Idre Fjäll prior to Monday August 9. To schedule a time for testing please contact the Event Office.
 - You can also choose to carry out a test upon your arrival in Sweden, e.g., at Arlanda Airport. ExpressCare has numerous testing facilities, you can find the nearest testing facility and its opening hours here: (<https://en.expresscare.se>). Note that when conducting a test with this method, you must after taking the test travel immediately to Idre Fjäll avoiding all unnecessary contacts (including shops, grocery stores and restaurants on the way). Essential procedures must be carried out including wearing a mask and practicing social distancing rules. **Test results will normally take 24 hours to process so please note this isolation time when making your travel plans.**
 - You can also choose to conduct PCR tests on your own with another test provider in Sweden, but an official and verifiable test certificate in English or Swedish language must be presented for accreditation.
 - Note also, that one exception has been granted to the requirement for testing to be conducted upon arrival to Sweden. Due to the fact that some teams can arrive to Idre only after air travel to Oslo, Norway, it is possible to carry out the PCR testing at Oslo Gardemoen Airport. The requirement for this is that after taking the test you must travel immediately to Idre Fjäll avoiding all unnecessary contacts (including shops, grocery stores and restaurants on the way). Essential procedures must be carried out including wearing a mask and practising social distancing rules.
- We kindly ask all the teams to provide their travel plans. We need to know when and where you are arriving in Sweden. If you travel by plane, we need your flight number, airport and ETA arrival time. If you are traveling by a vehicle we need to know when (approx.) and where you are entering Sweden.

A valid passport or ID card (official travel document to Sweden) is required in all testing sites.

- The cost for a Covid-19 test carried out by ExpressCare is SEK 1150, whether conducted in Idre Fjäll or at one of the other testing sites. This is a special price for the OWC-2021. All costs for testing must be paid by the athletes/officials/teams themselves. (Note. This cost is only valid if you do the PCR-test at ExpressCare)
- If you have had Covid-19 in the past 180 days, i.e. after February 15, 2021 you are exempt from the above testing requirements. However, you must be able to prove the infection bringing documentation of the previous PCR test proving the infection and a medical certificate to show that you are healthy again. The documents must be in English or Swedish language and must be able to be verified. Please send your documentation in advance to covid@owc2021.se).

Only after presenting a negative test result, athletes/officials/teams will be accredited at the Event Center and can start with competition-related activities (training, etc.).





Antigen-Tests during your stay at Idre Fjäll

In addition to the above PCR test which is required to get accreditation for the event, all accredited persons need to do an Antigen-test conducted by the staff from ExpressCare on Friday August 13. A schedule will be made for the whole day. The price is SEK 400/test. Location TBA.

The there is a positive result from the antigen test the individual will be immediately isolated and a PCR test will be performed to confirm the result, Any identified close contacts (e.g. room mates etc) will also be isolated. Further isolation or quarantine will be determined by the results of the PCR test.

Note. All organizers, media, TV and other staff will do the same procedure as described above.

Self-tests are also available for teams to use at their own discretion and are for sale at the Event Centre. The price is SEK 125/test.

If there is any positive result, the person needs to go to self-quarantine and the World Cup organizers must be informed immediately to define the next steps. E-mail directly to covid@owc2021.se.

For those requiring tests for travel back to your home countries, There will be an opportunity to do an antigen test and receive test documentation from ExpressCare. This testing will be carried out from 09:00 to 11:00 Sunday August 15. Please schedule a time via the Event Centre.

On request, we can invoice the federations or individuals for the Antigen tests. It is also possible to pay by card at the Event Centre.

Team officials' meetings

All team officials' meetings will be held online using "Microsoft Teams"

- Monday, 2 August 2021 5.00 pm Web link [\[Join the meeting\]](#)
- Wednesday, 11 August 2021 5.30 pm Web link [\[Join the meeting\]](#)
- Friday, 13 August 2021 5.30 pm Web link [\[Join the meeting\]](#)

All other information is included in Bulletin 4 or will be published on Eventor (e.g., start lists, weather forecast). All times are local, i.e., CET.

Questions can be sent by e-mail in advance to raceoffice@owc2021.se.

Accommodation and transport

Most of the teams are accommodated at Idre Fjäll. The same "bubble" rules" apply to all teams in their accommodation. This "virtual bubble" needs a high degree of individual responsibility.

It is only allowed to practice competition-related activities. All contacts outside the competition must be avoided. It is forbidden for all members of a participating team to leave the competition area or accommodation unless it is unavoidable.

The teams are responsible for all travels to and from Idre Fjäll. During official transport to/from the competitions (organized by the organizers), all athletes and staff need to wear masks during the transport.

Public races – not at the World Cup arena

Public races will be held in another competition area separate from the World Cup area. Spectators will, however, be present at the event and therefore it is important to show consideration and attention to the rules that apply due to the COVID-19 pandemic which is definitely not over.

Teams should avoid and have no contact with spectators or the public. All such contacts will be considered a violation of the Covid-19 bulletin rules.

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.
- Stay within your team/subgroup. Avoid contact with other teams during the competitions.
- Put-up your own tent at the competitions team zone, whenever possible (long pre- start and finish, middle pre-start and finish, relay) to avoid close contact to other teams.
- No further contacts and activities such as shopping, visits, sightseeing, etc.
- The grocery store at Idre Fjäll has an online store where you can order food for collection outside the store or have it delivered to your accommodation:
Web link for shopping: [ICA Nära](#) (only in Swedish). If you need any assistance with shopping online (translating / ordering, etc.), please contact Event Centre info@owc20221.se
- Avoid near body contact all time during your stay.

Hygiene measures

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

Hygiene masks

- Surgical masks, no cloth masks. Masks should be FFP2 to avoid spreading of the delta variant (recommendation from IOF).
- 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.
- When being interviewed by the media, it is the personal choice of each athlete whether or not to wear a mask. The media representative will always wear a mask and maintain social distancing.

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!), throughout the whole event, avoid mixing groups.

What to do if symptoms occur on-site during OWC 2021 Idre Fjäll

Responsibility to report illness

When feeling sick during the competitions

- If a participant who has received accreditation develops Covid-19 symptoms (fever > 37.5 C, coughing, sore throat, shortness of breath, running nose, stuffy nose, loss of taste or smell, stomach problems)
- He/she will put on a mask and isolate him-/herself from others immediately. Notifying the Team Leader about the matter shall be done by phone, not by in-person contacts.
- He/she or the Team Leader contact the competition's Covid-19 Response Team covid@owc2021.se and follows instructions given.
- The event doctor will decide together with the local health authorities, if some teammates must also be isolated, if additional testing is required and if participation will be allowed for those affected.
- Consider payment for all possible medical treatments and insurance coverage is needed. Insurance should include the potential compensation for a possible quarantine situation in Sweden (14 - day stay on average), medical evacuation to the home country or, in the worst case, the high costs of hospital treatment

What to do if symptoms appear when you come home

- If any competitor/Team officials develop with Covid-19 symptoms when coming home after his/her visit to Sweden and Idre Fjäll, please let us know by sending us an e-mail; covid@owc2021.se



Presenting Partner

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