



**Egyptian Gymnastics Federation**

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# **Guidelines for International competition within the Covid-19 pandemic**

**FIG Apparatus World Cup**

**Cairo, Egypt**

**“17-20 March 2022”**

**(Seniors- MAG &WAG)**

**Guidelines for Local Organizing Committees (LOCs) and the participation Federations**

## 1. General Information:

Egyptian Gymnastics federation (EGF) has created these ***Guidelines for the Cairo World Cup competition within the period of Covid-19 pandemic*** to provide support to Local Organizing Committees (LOC), participants and all persons involved in this event regarding the setup of all necessary processes for the health and safety of all persons at the event, based on recommendations of the World Health Organization (WHO).

All events are operated according to these guidelines and according to governmental regulations of the host country. All accredited persons must adhere to these guidelines and regulations at the event. As the Covid19 situation changes rapidly, a version updated for each event will be published together with the work plan. It is responsibility of the delegation to also follow the latest information of health authorities.

All participants choosing to participate in an event are responsible for their own health- and travel- related risks and shall also follow the recommendations of their own country on this matter.

EGF will follow “Medical Organization of the FIG (International Gymnastics Federation) Competitions and Events” and “Medical Guidelines for FIG Competitions and Events during the Covid-19 Pandemic”.

The FIG, the LOC members and all the participants must respect the laws and regulations of Egypt and local ministry of health updated regulations at the events held in Egypt during the pandemic.

Laws and regulations set by national and local governmental authorities must always prevail over the requirements and recommendations specified in the present Safety Procedure.

EGF will appoint the Chief Medical Officer (CMO) of the event as the director of the medical working team for COVID-19. EGF will make sure that both the Director and the Medical working team members have sufficient knowledge of COVID-19 and appropriate channels specialists on COVID-19, testing protocols and public health.

If a person is sent to quarantine (either due to a positive Covid19 diagnosis or due to having been close to a person diagnosed with Covid19), all occurring costs (accommodation, meals, transfers, further tests, medical costs, etc.) are at the responsibility of the person resp. the delegation.

EGF, in close cooperation with local authorities, will decide whether or not the event accepts spectators based on the health and social context of the country.

## 2.General Plans:

### 2.1: Medical service:

- The official CMO is responsible for all medical operations and must be present on- site during opening hours and be reachable at all other times. An assistant to the official LOC doctor must also be a licensed medical practitioner and must be fully informed of all matters. Tasks must be fully delegated in the event that the official LOC doctor cannot be present because he is absent for important reasons.
- The official CMO works in conjunction with local health authorities, local hospitals and health care providers on public health communication protocols and emergency services. Protocols have to be defined specifically for the isolation and transport of patients suspected of being infected with Covid-19.
- The medical service covering the competition must have adequate space for social distancing, protection between treatment sites, good ventilation, hand washing stations with hot and cold running water, and an adequate supply of personal protective equipment, in particular face masks, and disposable rubber gloves.

### 2.2: Arrangements for suspected and actual COVID-19 cases:

- The LOC determines with the local health authorities the procedures for the care and isolation of people suspected or diagnosed with Covid-19. An emergency plan valid in the host country including the procedure for individual Covid19 cases as well also the planning in case a large number of persons needs to be quarantined needs to be provided before the event.
- **If a positive Covid19 case occurs during the event:**
  - The CMO must be immediately informed.
  - The person must be quarantined immediately in the isolation room.
  - To inform the local public health authority and cooperate with them on the next steps.
  - Full report provided to EGF; name of person confirmed with COVID- 19, National Federation, locations of the individual from the time of arrival to the country, date when symptoms started to show.
  - All members of the country's delegation must be isolated in the hotel and be observed for symptoms related to Covid19.
  - If anyone starts to feel unwell and/or exhibit symptoms of COVID-19, the person must contact the LOC to arrange medical support.

## 3.Health screening of all accredited people before and during the event:

- Daily monitoring of the health status of athletes and delegation members must be performed by the team medical.
- **The head of delegation must hand in negative Covid19 PCR test results not older than 48 Hours before arrival of all delegation members at the accreditation. The documents must be from an official test laboratory, include the names of the**

**delegation members .**

- **Covid test will be done on the day of arrival for all Athlete/participants/LOC at official Hotel and the Vaccinated participants will also be tested.**
- **Incase another PCR is required for delegations based on their country or flight tickets provider regulations before departure from Host country ,LOC Will provide a PCR test which will cost ~ 100 dollars per person and Head of delegation shall inform LOC upon accreditation or within orientation meeting.**
- Gymnasts and coaches shall avoid risky habits on the FOP. The unsafe practices related to virus transmission are:
  - Spitting on the hands before performances
  - Shaking hands with or hugging others.

**4. Use of a nose-mouth face mask and disposable rubber gloves:**

- The use of disposable masks in the venue is mandatory for accredited persons and all spectators (8 years and older), except for gymnasts during competition, training and warm- up.
- Gymnasts not wearing a mask must keep social distancing with other athletes. The mask can be taken off only during performance in the FOP. In the training- /warm-up halls the mask can be taken off , but all the gymnasts must keep social distancing.
- All accredited persons are advised to wear masks also during any out-of-competition activity.
- It is the responsibility of the delegation to bring a sufficient number of masks and gloves to the event.
- The LOC will provide an emergency supply of masks and gloves.

**5. Conduct of all participants in the event:**

**5.1: Basic prevention rules and individual responsibility**

- The Egyptian gymnastics federation (EGF) has issued the following general recommendations in line with WHO prescriptions to reduce the risk of transmission:
  - Wash your hands regularly with soap and water for at least 30 seconds
  - Avoid touching your eyes, nose or mouth with your hands
  - Respect physical distancing
  - Isolate yourself if you have symptoms.

**5.2: Other recommended measures to be implemented:**

- Sharing of equipment, especially water bottles and tumblers, is prohibited.

**6.Venue, FOP, warm-up and training halls:**

- All facilities, workspaces, meeting rooms and offices provided must be organized in a way that respects social distancing.
- At the entrance of the venue an alcohol-based hand disinfection fluid will be available.
- In all areas of the venue hand washing facilities will be provided.

**8. Doping control:**

Doping control will be implemented with strict protective measures for both gymnasts and sample-collection personnel according to the World Anti-Doping Agency's COVID-19 guidance for Anti-Doping Organizations.

According to the final update by The Egyptian Ministry of Health, there is no restriction in wearing face masks in open areas, but the LOC states that it is preferable to wear face masks at all times.