

CZECH GYMNASTICS FEDERATION

Trampoline Gymnastics



Covid-19 GUIDELINES

48. INTERNATIONAL TRAMPOLINE FRIENDSHIP CUP

Jablonec nad Nisou 7.-10.10.2021

The Guidelines are based on extraordinary measures of the Ministry of Health of the Czech Republic File no. MZDR 14601 / 2021-25 / MIN / KAN of 27 September 2021 and File no. MZDR 15757 / 2020-56 / MIN / KAN of 30 July 2021 as amended on 27 August 2021 and take also into consideration the planned content and course of the event and the local conditions of the sports facility.

Event: 48. International Trampoline Friendship Cup 2021
Date: October 07th - October 10th 2021
Place: Jablonec nad Nisou
Venue: Městská sportovní hala, , U Přehradý 4747/20, 466 02 Jablonec nad Nisou
Organiser: Czech Gymnastics Federation
in cooperation with local club Trampolíny Liberec

Guidelines and protective measures

- All participants and all persons present at the time of the event (hereinafter participants) must respect the Event Covid-19 Guidelines and the regulations and protective measures of Czech authorities.
- All Heads of delegations are responsible for the members of their delegations and all Coaches are responsible for their gymnasts.
- The participants are asked to bring enough personal respiratory protective equipment (face masks, etc.) and personal hand sanitizers.
- Participation in the event is prohibited for persons who show clinical symptoms of COVID-19.
- All participants older than 6 years must submit at the accreditation
 - **either** the vaccination certificate (min. 14 days after finishing the full vaccination)
 - **or** recovery certificate (after completed required quarantine, max. 180 days after first positive test)
 - **or** negative PCR test (taken max. 72 hrs before the arrival)**and** Pre-event Health Questionnaire signed by the participant or by the parent / legal representative in the case of minors (self-reporting).
- Only properly registered gymnasts, coaches, judges, heads of delegations and other members of delegations, as well as organizers, Czech Gymnastics Federation's officials and staff and other persons with the consent of the competition director, medical doctor or CGF representative may enter the venue.
- Accreditation cards are compulsory for all participants to access the areas in the venue.
- Nose-mouth face masks (minimum FFP2 or KN95) are compulsory inside the buildings and public transport in the Czech Republic.
 - Exceptions: inside hotel rooms, during consuming food and meals including drinks, for gymnasts performing and their coaches during the training, warm-up and competition and judges during the competition.
- Nose-mouth face masks are compulsory for the event participants in the venue, event transfer and shuttle buses and event accommodation facilities.

- Dedicated buses should be used for airport transfers of the delegations where possible. Dedicated shuttle bus transport will be organised between the official hotels and venue.
- In the event official hotels and restaurants the contact of participants with the people from outside the event should be minimised.
- All participants should pay attention to regular hand washing and disinfection, reducing of physical contact and keep a safe distance from other participants. It is recommended to disinfect the hands before and / or after using the apparatus and avoid contact with the face (especially nose and eyes) before disinfecting the hands. It is also inappropriate to share food and drinks and share small equipment for warming up, stretching, etc. with other people without disinfection.
- Hand disinfection will be available at the entrance, in warm-up area, competition area and on other places in the venue and at the entrance of the hotels.
- The participants may access the warm-up and competition areas according the training, warm-up or competition schedule only. They leave after finishing the training or competition group and may follow the event from the delegation seats on tribunes.
- The delegations can sit on the spectators' tribunes in 2nd and 3rd floor. The distances between the delegations should be 1.5-2 m, if possible. No spectators are planned for the event.
- All gymnasts are asked to follow defined routes to entry the warm-up area and competition area on one side and leave on the opposite side of the hall. The routes are marked and designed that the gymnasts do not meet when entering and leaving the hall.
- Competitors, coaches and judges without masks in the warm-up and competition area should maintain a sufficient distance from other participants (1.5-2 m).
- All gymnasts need to have own magnesia.
- Gymnasts should be divided into smaller starting groups where possible. Scheduled general warm-up per starting group will be organised.
- Participants should use the changing rooms and toilets only for the necessary time and, if possible, individually or in small groups, preferably with participants from their delegation.
- The use of showers in the venue is prohibited.

Prague, October 4th, 2021

Attachment: Pre-event Health Questionnaire (Self-reporting form)

PRE-EVENT HEALTH QUESTIONNAIRE



Event	48th International Trampoline Friendship Cup Jablonec nad Nisou, CZE, 7.-10.10.2021
Last name, First name	
Delegation of	
Phone number (including country code)	
Email address	
Countries visited during the last two weeks	

Within the past 14 days before the beginning of the event, have you...	YES	NO
Had close contact with anyone diagnosed as having Coronavirus disease COVID-19?		
Provided direct care for COVID-19 patients?		
Visited or stayed in a closed environment with any patient having Coronavirus disease COVID-19?		
Worked together in close proximity, or sharing the same classroom environment with a COVID-19 patient?		
Travelled together with a COVID-19 patient in any kind of conveyance?		
Lived in the same household as a COVID-19 patient?		
Been in quarantine?		
Tested positive to the swap PCR test?		

Have you experienced any of the following symptoms now and in the previous 14 days before the beginning of the camp:	YES	NO
Fever		
Cough		
Fatigue		
Dyspnoea (difficulty in breathing)		
Myalgia (muscle aches)		
Sore Throat		
Chest Pain		
Congestion/Coryza (runny nose)		
Headache		
Chills		
Nausea/Vomiting		
Diarrhoea		
Anosmia/Dysgeusia (loss of taste)		
Chilblains/Pernio (painful swelling of the hands)		

Signature of the person (for minors: signature of a parent / legal representative)	
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