

European Gymnastics Guidelines
for the return to Training Camps with the
Covid-19 pandemic



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Acrobatic Gymnastics

Kamchia / Bulgaria

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STAY COVID SAFE



IF YOU BECOME SICK
SEEK MEDICAL CARE
IMMEDIATELY



WASH YOUR HAND
AT LEAST 20 SECONDS



WEAR A MASK



USE HAND
SANITIZER



AVOID
CROWDED PLACES



COVER YOUR SNEEZE
AND COUGH



KEEP 1,5 METERS
DISTANCE



AVOID TOUCHING EYES,
NOSE AND MOUTH WITH
UNWASHED HAND



AVOID
CLOSE CONTACT

1. General and Arrival to the host country

All European Gymnastics Training Camps are operated according to these guidelines and governmental regulations of the host country. All persons must adhere to these at a European Gymnastics Training Camp. It is the responsibility of the national federation of the camp participants also to follow the latest information of health authorities.

All participants at a European Gymnastics training camp are responsible for their own health- and travel- related risks and must also follow the recommendations of their own country on this matter.

If a person is sent to quarantine (either due to a positive Covid-19 diagnosis or due to having been close to a person diagnosed with Covid-19), all occurring costs (accommodation, meals, transfers, further tests, medical costs, etc.) are at the responsibility of the person resp. the national federation. A proof of insurance covering the consequences of COVID-19 and an insurance or written confirmation that all eventual quarantine- and test costs will be covered must be provided upon arrival. Representatives of LOC and European Gymnastics will check these.

The national federation must designate an adult person who will remain on site in case an underage gymnast will have to stay in quarantine.

It is the responsibility of the national federation to verify the current entry regulations to the host country of the training camp for their participants with the LOC prior to departure.

Persons belonging to a risk group are not allowed to participate in a 2021 European Gymnastics Training Camp. The national federations are responsible to verify and respect this.

- 1. >65 years of age;
- 2. Expectant mothers;
- 3. Moderate to severe asthma;
- 4. Chronic lung disease;
- 5. Serious heart conditions;
- 6. Immunocompromised;
- 7. Severe obesity;
- 8. Diabetes;
- 9. Liver disease;
- 10. Oncological disease;
- 11. Living in a nursing home or long-term care facility.

2. Conduct of all participants in the event

a. Basic prevention rules and individual responsibility

- The Medical Commission of European Gymnastics has issued the following general recommendations in line with WHO prescriptions to reduce the risk of transmission:
 - Only participate if you are symptom free
 - Wash your hands regularly with soap and water for at least 30 seconds and use hand disinfection.
 - Avoid touching your eyes, nose or mouth with your hands

- Mandatory to be worn inside (to be taken off only by gymnasts during training and seated at the tables during meal times). Outside masks have to be worn only in crowded areas when social distancing is not possible to be respected accordingly.
- Any kind of mask is accepted.
- Respect physical distancing, except during training
- Isolate yourself if you have symptoms of Covid-19

b. Other recommended measures to be implemented

- Sharing of equipment, especially water bottles, is prohibited.
- Any person at a training camp who feels ill stays in the room and must inform the responsible person of the LOC, Nedko Kostadinov, mobile number: 00359894640108
- All coaches and experts must provide a valid mobile phone number to the LOC upon arrival.

3. Medical and hygiene services

- The LOC designates a person responsible for all Covid-19 related matters. This person must be present during the whole duration of the camp.
- The LOC designates a doctor who can be consulted for any Covid-19 related matters during the camp. The LOC doctor should be present during the whole duration of the camp.
- European Gymnastics designates a person for all Covid related matters during the training camp. This person is responsible to verify that all planned measures are in place.
- The LOC must submit to European Gymnastics a medical and hygiene organisation plan on the basis of these guidelines and advice from local health authorities. The plan must include a section on infection prevention arrangements and response to possible or confirmed infection to Covid-19 during the event. For hygiene related issues the plan must include information on cleaning and waste disposal.
- A regular cleaning programme of all public areas, toilets and showers and regular cleaning of door handles, handrails and frequently touched surfaces has to be created and maintained. A record of the cleaning carried out must be kept by the LOC and made available to the responsible person from European Gymnastics.
- Alcohol-based hand disinfection fluids have to be available at the entrances of all facilities.
- The LOC must regularly check the availability of soap, paper towels and disinfection fluids. Only single-use towels and electronic hand dryers are allowed.
- Training-halls must be thoroughly cleaned (and disinfected where possible) by the LOC at the end of each training sessions and where possible.
- The catering areas must be regularly cleaned (and disinfected where possible).
- Air changing must happen wherever possible when areas are not in use (and also where possible during times of use).

4. Health screening of all participants before and during the event

- Upon arrival all persons must send by e-mail to the LOC or hand in negative Covid-19 PCR test results not older than 72 hours before arrival and a completed health questionnaire (appendix 1).
- Tests on site during the camp: Only in case a person has Covid related symptoms and/or in case ordered by the participant or expert if needed for their return flight / entry to home country.
- Each group (LOC for their persons, national federations for the participants, European Gymnastics for the experts) covers all test costs for themselves.

- Any possibly needed PCR test after arrival or documents needed for the entry to the host country are linked to the rules of the host country. The LOC will send that information to all participants 4 weeks before the arrival day. It is the responsibility of the national federation to also afterwards verify the current information for the travel day with the LOC or the embassy.

5. Use of a nose-mouth face mask

- The use of disposable masks is mandatory for all persons, except for gymnasts when they are actively training.
- Gymnasts not wearing a mask are responsible to observe social distancing.
- All participants must wear masks also during any out-of-training activity. This information must be regularly recalled by the LOC.
- All participants must bring a sufficient number of masks to the event. The LOC is responsible to provide them for the LOC persons and the experts.

Venue set-up and logistics

- The maximum number of persons (gymnasts, coaches, experts and LOC) using facilities at the same time must allow social distancing in the training hall, the restaurant and any other area used by all participants together.
- The LOC must provide European Gymnastics with the maximum number allowed following recommendations by local health authorities. The final number of possible participants is decided together with the European Gymnastics head of the medical commission.
- All facilities provided must be organised in a way that respects social distancing.
- At each entrance to the different facilities alcohol-based hand disinfection fluids must be available.
- Cleaning and where possible disinfection must be done in all areas several times a day.
- Closed waste bins for the safe disposal of hygienic materials (e.g. tissues, towels, sanitary supplies) have to be provided.
- The LOC has to verify that it is allowed at the camp location that a person tested positive remains in quarantine in the accommodation room.

6. Training

- The splitting of the camp into 2 or more groups (for training, meals, free time) may be done, but is not mandatory.
- Wearing a mask is mandatory for all persons in the training hall. The only exception is gymnasts during actual training activity. While walking around in the training hall also gymnasts must wear a mask.
- All persons must take care to respect social distancing.
- Hand disinfection must be available at several places in the training hall.
- Opening of all windows when- and wherever possible
- The LOC must disinfect the training hall (where possible) after each training session.
- All participants must bring their own magnesia.
- Any needed small training equipment must be brought by the participants.
- For acrobatics, the training is organised to maintain the bubbles of the units. The social distancing is considered between units with a maximum of 9 units per floor

7. Meals

- Small tables (max. 4 Persons)
- Meals to take place in 2 or more different groups of persons who are also together during the training, in case the training is split into groups.
- Social distancing (min 1.5 m) must be respected between the different tables.
- The LOC prepares a table order which has to be respected during the whole duration of the camp.
- An own dining area for the camp participants (separate from other guests).
- Self-service of pre-prepared plates, a served buffet or table service. Buffet is also allowed, if arranged separately for our camp participants only and hand disinfection is available
- Individual bottles for the drinks.
- The food management must follow hygiene provisions following the regulations of local health authorities.

8. Accommodation

- Accommodation planning must be based on recommendations of local health authorities.
- Social distancing requirements must be observed also in the accommodation area.
- Additional empty rooms must be available for isolation (to separate participants of double or 3-bed rooms.)

9. Social activities

- Excursions are possible to locations which are not overcrowded and allow social distancing.
- Camp participants must remain among themselves and avoid outside contacts.
- For any arranged activities contact tracing must be planned by the LOC. (Lists to be completed with names of all participants who took part.)

10. Transportation

a. Airport transfers

- The LOC must plan to minimize the mix of different delegations during airport transfers.
- Between different delegations empty seats must be kept wherever possible.
- Wearing a mask is mandatory.
- All arrival and departure times must be submitted to the LOC the latest at the deadline mentioned in the invitation, to allow the planning by the LOC.

b. Transportation during the event

- Transportations during the camp must be avoided wherever possible and only activities in at the camp location or in walking distance should be planned.
- Needed transports must comply with the recommendations of the local health authorities regarding social distancing.
- Empty seats to be planned wherever possible and wearing a mask on the bus is mandatory.

11. Communication and risk awareness

- Posters to remind all participants on the Covid-19 related precautions (as listed on page 3) must be placed by the LOC at different places at the training camp location.

12. Handling of COVID-19 cases

a. Arrangements for suspected and actual COVID-19 cases

- The LOC determines with 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 Covid-19 cases as well also the planning in case a larger number of persons needs to be quarantined needs to be provided before the camp.

b. If a positive COVID-19 case occurs during the camp

- The responsible person from the LOC must be immediately informed. The responsible person from the LOC, the LOC doctor and the responsible person from European Gymnastics immediately meet to discuss the further proceedings.
- Full report to be obtained – name of person confirmed with Covid-19, national federation, locations of the person from the time of arrival to the country, date when symptoms started to show.
- The LOC informs the local public health authority and cooperates with them on the next steps.
- If a quick test result is positive, the person must do a second PCR test to confirm the result of the previous quick test.
- If an underage gymnast will have to stay in quarantine, also an adult person designated by the national federation concerned has to remain at the camp location.
- Contact tracing to be done to track anyone who may have been in contact with the person. The LOC handles the contact tracing for the period on site. The national federation is responsible to ensure contact tracing for the travel period.
- Any persons having had close contact to the person tested positive must be isolated in their rooms and be observed for symptoms related to Covid-19.
- The LOC must have masks and hand disinfection available to directly provide them to a person having been tested positive and persons having close contact to that person.
- The LOC doctor or other medical staff handling the situation must be equipped in accordance with the directives in force, including face masks, disposable rubber gloves and possibly a protective gown. The quantities of available material should allow for change as needed.
- The LOC must have an arrangement in place with a local hospital in case treatment for more serious Covid-19 cases will be needed.
- Any participant who tests positive for a Covid-19 infection within 7 days after leaving the host country is responsible to contact the LOC. The LOC will inform all persons who were present at the training camp. Persons having had close contact to the person tested positive will be asked to remain at home and observe for symptoms.