

COVID-19 RESPONSE PLAN

World Rowing Coastal Championships

September 30 - October 3, 2021

Version II, at [09/08/2021]

1. INTRODUCTION

The Portuguese Rowing Federation Sanitary Guideline sets out the framework of medical, sanitary and hygiene procedures together with the operations that are to be applied at this competition. The difficulty is to foresee how Covid-19 will evolve, either in terms of its epidemiology or in the nature of the countermeasures imposed by national governments, whilst it is almost impossible to establish a completely risk-free environment, the aim is to lower the risk as far as possible by applying current medical advice and best practices.

In order to minimize the risk to the event from COVID-19, precise preparations and on-site organisation is required. To large extent, the cooperation of the teams, their athletes, officials, technical staff, the venue staff and all those involved in the event is crucial. Therefore, we expect all parties to adhere to hygiene best practices both in the controlled event environments and in their personal day to day lives. All precautions set out in this document must be strictly accepted by all those involved. Non-respect of such social norms could have serious consequences for the staging of the competition.

Given the overall situation and the regulatory conditions which may occur during in the coming month, the Protocol may be revised and adapted at any changes. The Sanitary Guideline is subject to legal provisions and other orders issued by the competent local authorities in the various countries. This means creating a protected and contained environment for athletes and technical staff to provide them with a separated 'bubble' corridor for all movements into, within and out of the venue, and establish best practice principles for the protection and safety of all working staff involved in delivering the match. The aim is to minimize the number of contacts between different groups involved in the event, to reduce the possibility of any cross-contagion between groups, and therefore to limit the number of people that may need to be tested.

The health situation in terms of the pandemic of COVID-19 in Portugal have been, in general, under control. We had 2 "peaks" that led the country lockdown, a second much more serious than the first as some hospitals archived their maximum capacity, and we are currently living what can be the third peak with a significant "Delta" stripe rising in Lisbon. The government is already acting by limiting the circulation in Lisbon, trying to stop this evolution. However, its possible to analyse that even the infections are getting higher, the number of people hospitalize is about half when compared with a similar phase and numbers of infections of previous "peaks". This should be related with the progress of vaccination. The national health authority (DGS) publishes daily a updated COVID report, such as this: [COVID DAILY REPORT](#)

And weekly a vaccination report: [VACCINATION WEEKLY REPORT](#)

Most services are available and public activities are allowed with some restrictions still in place. Sporting events are allowed; however, participants and organizers should be tested. If participants/spectators are 1000 or higher, tests should be in place (POR Health Authority Norm 019). There is a 30% maximum capacity established for spectators, which is only applicable on events with seats or a place specific for public.

For the sporting event, we have prepared a protocol to minimize the risk of contagion and spread of COVID-19 based on the guidance documents prepared by World Rowing and the Portuguese General Department of Health (DGS).

2. LOCAL GOVERNMENT / PUBLIC HEALTH GUIDELINES

Implemented measures during the outbreak of COVID-19. [Updated on June 9. Situation of Calamity in force until June 27.]

During the outbreak of pneumonia by the new Coronavirus – COVID-19 the Portuguese government has been taking all necessary public health measures to protect the entire population. The analysis of the evolution of the outbreak is constant and implementation of new measures will be carried out whenever necessary.

General behavior guidelines were enacted, in which all people must adopt the following rules:

- Social distancing of at least 1.5 metres;
Frequent hand washing;
- Mandatory use of approved CE FFP1 and FFP2 mask at all times, including at the venue, hotel and during transportation;
- Respiratory etiquette.

Information Sites:

- National measures - <https://covid19estamoson.gov.pt/> (in Portuguese);
- Updated information on the evolution of the COVID-19 pandemic in Portugal at WHO - World Health Organization (<https://covid19.who.int/region/euro/country/pt>);
- DGS – Portuguese General Directorate of Health (<https://covid19.min-saude.pt/>).

Portuguese legislation authorizing the practice of rowing:

<https://www.dgs.pt/normas-orientacoes-e-informacoes/orientacoes-e-circulares-informativas/orientacao-n-0362020-de-25082020-pdf.aspx>

TRAVELLING TO PORTUGAL

Flights to and from the European Union and Schengen Area

- The resumption of air routes with the countries of the European Union, as well as in the Schengen Area, is dependent on border restrictions and on the evolution of the epidemiological situation worldwide. Therefore, before making a trip, it is important to consult the alerts and restrictions provided by foreign and border services, whether in the country where the trip starts as in Portugal (www.sef.pt), as well as checking the necessary procedures and documents with the airline.

At the European Union website - <https://reopen.europa.eu> - you can find information on each country about borders, available means of transport, travel restrictions, health and public safety measures, as well as other practical information for travellers.

Flights to and from Portugal are allowed for:

- Non-essential travels from the countries of the European Union, from Schengen Associated countries (Liechtenstein, Norway, Iceland, Switzerland) and from the UK (see specific information for UK travellers at <https://www.visitportugal.com/en/content/uk-travellers-travelling-and-testing-procedures>.)
- Passengers must present proof of a negative PCR test to COVID-19, carried out within 72 hours before boarding time.

Countries with an incidence rate equal to or greater than 500 cases per 100,000 inhabitants - Brazil, India, Nepal and South Africa:

- Only “essential travel” is allowed. OC can issue letters to all participants/teams confirming their participation in WRCC&WRBSF to be consider as “essential reason”;
- Must present proof of a negative PCR test to COVID-19, carried out within 72 hours before boarding time;
- It is compulsory to comply with a prophylactic isolation period of 14 days, at home or in a place indicated by the health authorities, after entering mainland Portugal. During this period, the subject may receive calls from DGS and random visits from police.
- OC is currently working with the national government to include WRCC and BSF in the list that exemption athletes from to do a prophylactic isolation period, regardless their country of origin. The list is updated every 15 days in a specific legislation, and we will be able to consult it [HERE](#).

The list of countries is determined by governmental document, reviewed every 15 days and whenever necessary according to the pandemic evolution and you may find it in the same legislation as above.

Other Locations:

- Flights from Australia, China, Israel, South Korea, New Zealand, Rwanda, Singapore, Thailand, and the special administrative regions of Hong Kong and Macau, are subject to confirmation of reciprocity (If they allow flights to Portugal, Portugal also allows flights to these countries.
- Flights to and from other countries (which are not members of the European Union or which are not countries associated with the Schengen Area) for "essential travel" only;
- Flights intended to allow the return to Portugal of nationals or foreign citizens holding a residence permit in Portugal and flights intended to allow the return to their countries of foreign citizens who are in Portugal, provided that they are promoted by the competent authorities of those countries.

On all flights, passengers must present proof of a negative test to COVID-19, carried out within 72 hours before boarding time, with the exception of children who have not reached 24 months of age.

“Essential travel” is defined as trips allowing the transit, entry into and departure from Portugal for professional purposes, study, family reunions, health and humanitarian reasons and under the reciprocity principle.

In essential travels, national and foreign citizens with legal residence in Portugal and also diplomatic personnel accredited in Portugal who, exceptionally, do not present the test, will have to do it on arrival, at the airport, and at their own expense. Foreign passengers who embark without the test performed, will be refused entry into national territory, with the airline being the subject of a fine.

The Portuguese airports (Lisboa, Porto, Faro, Ponta Delgada e Funchal) have implemented several initiatives in order to keep staff and passengers safer. A body temperature measurement system was implemented on arrival. Passengers will be requested to fill out a form from the Health Authorities - Passenger Locator Card -, that can be fulfilled online or will be provided by the Airline Company, during the flight. This information will be used to contact passengers, in case someone develops COVID-19 symptoms within the same flight.

3. CONTACT INFORMATION

- Organizing Committee COVID Manager: sergiomanso@fpremo.pt; (+351) 916162746

4. GENERAL MEASURES AT THE REGATTA VENUE

OC COVID MANAGER

The task of the OC COVID MANAGER is to coordinate and verify compliance of the provisions implemented in the protocol and the supplementary ones, referring to the venue within which the competition takes place.

INFORMATION TO PARTICIPANTS

There is an obligation on all teams, officials and workforce to stay at home/at the hotel if there is a fever (over 37.5 °C) or other symptoms of flu and call your doctor.

General Rules:

- a) Mandatory use of approved CE FFP1 and FFP2
- b) pay particular attention to surface hygiene, clean before and after use when possible;
- c) maintain an interpersonal distance of at least 1.5 meter;
- d) avoid close contacts such as hugs or handshakes;
- e) access the event area using the correct flow routes.

The following rules apply to the entire area of the event and are valid from arrival to the regatta venue until the scheduled departure.

GENERAL MEASURES

- The regatta venue will be closed to the public. Access to the event area is allowed only to duly accredited participants in the event.
- The OC will carry out frequent sanitation of the rooms used and of all common use spaces.
- Toilets will be available in the different areas, periodically disinfected during the day.
- All participants, officials and workforce must be equipped with a mask covering mouth and nose to be used in all conditions, except when training or competing.

In the red area a “bubble” will be created, where only accredited people who pass through temperature control will have access:



The beach access ramp can be exclusive for WRCC and BSF if necessary, leaving the stairs for public use.

If the pandemic situation evolves to unpredictable numbers, and a new country lockdown is in order, the beach can be closed, and no public will be able to enter the beach.

The different areas will be supervised by personnel identified by the Organizing Committee. Local authorities will supervise all public areas according to the current legislation. The rest of the beach is public area that follows public rules.

IN CASE OF COVID-19 SYMPTOMS OR BODY TEMPERATURE ABOVE 37.5°C

Any registered athlete or staff (from WR, National, Teams), press or officials who has any symptoms somehow related to COVID and/or temperatures above 37.5°C must contact the Team’s COVID Manager, who will further contact the OC COVID Manager. Such person will be immediately isolated.

- If increased body temperature (above 37.5°C) will be observed on the checkpoints (e.g. entrance to the venue, hotels, buses etc.), a person will be immediately isolated.
- The isolated individual will be immediately reported to the OC COVID-19 Manager, who informs the OC Doctor and the WR Doctor.
 - This is valid also for national OC staff who stay at home.
- Every such subject will immediately be subject to a COVID-19-rapid test (Antigen).
 - After a second positive Antigen test, the person will be reported to national health service and isolated until further instructions from the health authorities, such as:

- Prescription for a PCR test
- If positive, at least quarantine in the hotel for 10 days or hospitalization, according to symptoms;
- If negative, isolation is over and the subject may resume to normal activities.

Note: The OC will contract a specialized lab which can provide test results within 24 hours at the latest.

- OC Doctor after consultation with the WR Doctor decides on isolation depending on clinical situation and mitigation possibilities.
 - When positive cases occur, the OC Doctor decides on future measures after consultation with the WR Doctor (further measures on contact persons, mitigation procedures, ...). For this purpose, WR will establish an emergency team with members from OC and WR which will decide on all future measures related to the regatta and communication. The emergency team will include the official epidemiologist.

According to Rule 48 of WR rules of racing, registered subjects or team officials who will not report suspicious issues related to infections / public health will be subject to decisions by WR Executive Committee which may include revocation of accreditation for this and future WR events.

QUARANTINE

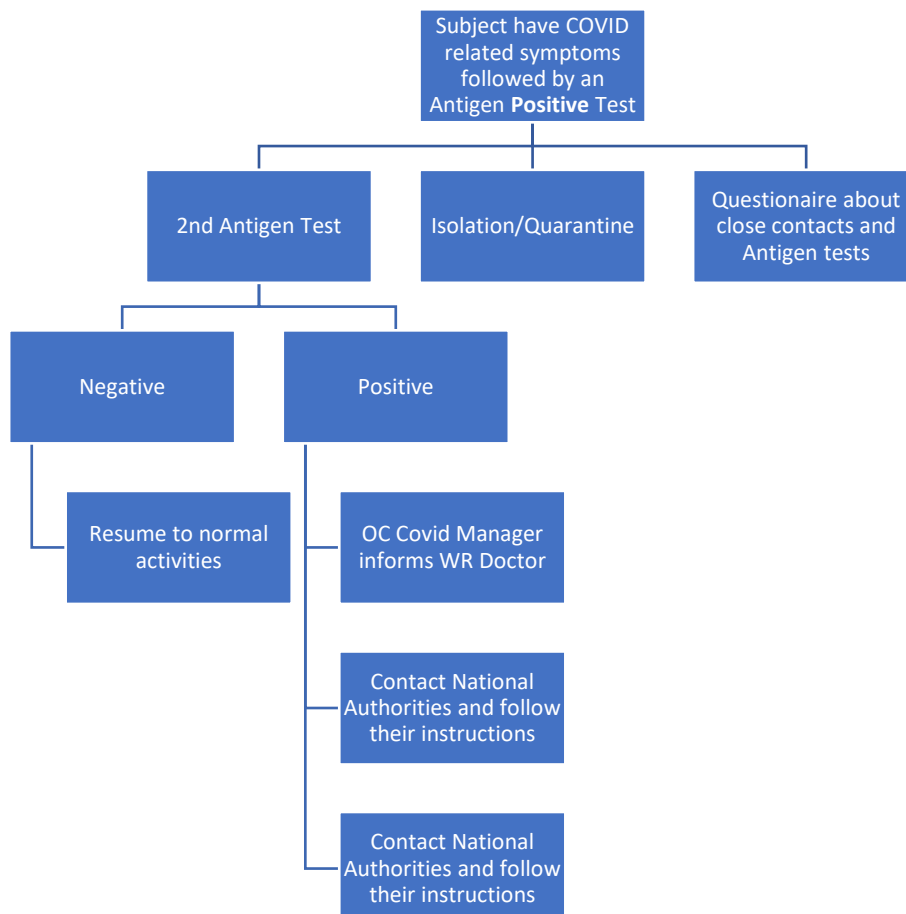
- Anyone tested positive for SARS-CoV-2 virus at any time is to be quarantined at their hotel or the apartments (organized by the OC).
- Quarantine period in Portugal is 10 days for people who tested positive and 14 days to people who had contact with someone positive for COVID (currently).
- Persons can only leave quarantine if they get a negative PCR test for COVID 19. Health Authorities will give test's prescriptions when they see fit.
- If a person is PCR negative after being in close contact with a positive person (person with whom there's been an under 2 meters encounter, for 15 minutes or more), he/she/they won't need to be quarantined.
- Additional measures can be required by local health authorities (epidemiological service) and will be applied on case-to-case basis.
- Strict security system will be applied. If somebody is positive/quarantined, accreditation card will be withdrawn.
- Direct and related expenses of the quarantine and additional PCR testing are to be paid by the athlete/staff's National Team. National Teams must have adequate health insurance that ensures coverage in the Portugal.
- A report for the COVID-19 persons in quarantine (infected or close contact) will have to be completed by the National Team COVID-19 Manager on a daily basis.
- In case of any symptom worsening, immediately contact OC COVID-19 Manager.
- The National Team Covid-19 Manager of each federation will contact the OC COVID-19 Manager in such cases.

BUBBLE CONCEPT & CREW COVID-19 MANAGER

- Teams should remain in a “crew/club bubble”, meaning that members of that team must strictly remain in the company of only fellow members from arrival to departure in Oeiras (this includes at the venue, in the official transport and all public areas of the official hotel). Members of each bubble should have no or limited (only when necessary) contact with people not being part of their bubble.
- The team leader/Crew Captain will be the main contact and function as well as Covid Manager. The task of the Crew/Club Covid Manager is to coordinate and verify compliance of the provisions implemented in the protocol and the supplementary ones, referring to the venue within which the competition takes place.
- Team leaders/Crew Captain must insert a “travel log” each time their team move between main areas (venue, hotel, others) so a movement report can be in place in the case of a positive case in the race. These data will be protected by GDPR rules. OC is still deciding the best system to implement this travel log.

All participants must follow the measures in the OC COVID-19 Response Plan at all times, including the wearing of appropriate masks at all times except in the boat or at meals, social distancing and regular disinfection among the other measures published by the OC

COVID DIAGRAM



5. ACCREDITATION & ACCESS TO THE EVENT

All participants in the event, including athletes, coaches, volunteers, professionals, OC staff and volunteers must be accredited. Accreditation in the same building as the registration for the race. Currently WR will only seek the names of the athletes and of the equipment providers. For any other accreditation, clubs etc. usually inform this directly to the OC. However, World Rowing and the OC will discuss this procedure related to Covid Measures.

- The Team Manager/Crew Captain will pick up accreditations for entire team and shall present an overview (one-page document) of every team members' PCR test result required by WR.
- Mandatory Pre-Event Health Questionnaire to be submitted by each participant to OC two days prior to event.

Only three people are allowed in accreditation centre at time, one-way traffic will apply in the info/accreditation centre.

6. COMPETITION AREAS

CONTROL COMMISSION

- All people and staff at Control Commission must wear masks covering the mouth and nose. Everyone must maintain an interpersonal distance of 1.5 meter.

ON THE WATER FOR RACING / TRAINING / WARM UP

- There will be no substantial differences regarding the organization of the crews in the water during training and competitions.

BOAT PARK

- The number of people at any given times in the Boat Park will be limited. Additionally, athletes will be allowed to stay at the regatta venue for a limited time only before their race and/or training. The OC will provide further information on the maximum number of people and the maximum time allowed to stay at the venue in due time.
- The members of Control Commission and NTOs will manage the adherence of this rule.
- Only athletes, coaches and official workers will be able to access the pontoons.
 - It will not be allowed to leave personal items in the Boat Park.
 - The athletes will have to wear their mask at all times inside the Boat Park.

START AREA

- Starter
In principle, wearing a mouth/nose protection is mandatory for the Starter as well. He/she might remove the mouth/nose protection while speaking to the rowers to enhance the communication and audibility
- Aligner
The Judge at the Start and the Aligner must adhere to the minimum distance regulations

TIMING SYSTEM

Wherever possible, the desk for the time measurements and finish line will be separated to ensure minimum distance regulations

MOTOR BOATS

- The respective driver and Umpire must wear masks covering the mouth and nose.

RENTAL BOATS

For the WRCC, some participants might bring their own boats, but there will be multiple boat suppliers providing rental boats. The boat and oar providers will be required to prepare an elaborate sanitising concept for boat change over together with the OC and WR. This shall consider amongst other sanitation of the boats (especially seats, foot straps, oar handles if shared), either done OC volunteers or by the athletes themselves after their races, under the supervision of an OC volunteer. Ideally a work flow will be prepared to limit interpersonal contact as much as possible.

7. TEAM / ATHLETE FACILITIES & SERVICES

ACCREDITATION AND TEAM REGISTRATION CENTRE

- Only one person per station in the registration area (3 to 5 stations will be available). After finishing registration, teams will go straight to accreditation.
- Only one person in the accreditation station at a time and only the designated Team Manager.
- One way traffic, acrylic barriers between volunteers and team managers/participants
- All people and staff at Information Office must wear masks covering the mouth and nose. Everyone must maintain an interpersonal distance of 1.5 meter.

BOAT RACKING

- Boat racks will not be assigned by nation or club, that is why everyone must maintain an interpersonal distance of 1.5 metres.

BOAT WEIGHING

- Only one crew at a time will be allowed in the waiting area.
- All people and staff at Boat Weighing must wear masks covering the mouth and nose. Everyone must maintain an interpersonal distance of 1.5 meter.

SHOWERS/TOILETS/CHANGING ROOMS

- Limited number of people will be able to access at one time.
- Frequent sanitation.
- Showers at the venue shall be closed for use.

WARM UP ERGOS

- No Ergometers will be available for warming up.

TEAM TENTS

- No team tents are allowed in WRBSF and WRCC Oeiras 2021

ATHLETES AND COACHES VIEWING AREA – GRANDSTANDS

- No grandstands will be available. Public beach area is available for spectating the event. According to Portuguese Guidelines, all people in the beach must wear mask at all times except to enter the water.

RACE VENUE – BEACH AND PISCINA OCEÂNICA

- By national recommendation temperature will be measured each time an accredited person enters the venue.
- Enter and exit areas will be different to avoid crossing routes.

8. MEDIA AND BROADCAST

MEDIA CENTRE

- The layout will be revised to ensure social distancing.
- Opportunities for photos and interviews with athletes in a dedicated space within the boat park will be offered to the media on an appointment basis and will be co-ordinated through the World Rowing Communications Team
- Mask covering mouth and nose will be required to be worn at all times.
- Photographers & Photo Positions – Marks will be placed in order to indicate where to stand to have adequate social distance and properly controlled by an OC volunteers.
- Media Access to the boat park and athlete areas and possible interview areas.
- Victory Ceremony protocols (To be determined with FISA presentation team)

9. WORLD ROWING (INCLUDING ITOs)

- The same general rules apply to the OC and Jury.
- In addition, they must register and sign the COVID documentation and proceed with temperature measurement when accessing the venue.

10. SPECTATORS, VIPS & HOSPITALITY

Event will be held inside a public beach, which should be open as COVID Portuguese regulation allows it. The venue will only be accessed by accredited personnel. No grandstands or tickets will be sold to enter the venue.

VIP or Hospitality protocols will be conducted, there will be their own tent to receive them.

- They will have access to a main tent;
- Must wear mask, sanitize hands very often, maintain a distance of at least 1.5 meter.

11. ORGANISING COMMITTEE STAFF AND VOLUNTEERS

- All OC staff and volunteers, and NTOs will be tested by RAT (rapid antigen test) at least every 48 hours. These tests will be supplied by the OC, at the Venue. OC staff & volunteers must

follow all the general rules for reducing the spread of the virus and sign the self-certification forms.

- They must always carry the accreditation badge with them.

All volunteers will be divided into specific areas and try to limit the interaction between them

12. LOGISTICS, MEETINGS AND SOCIAL ACTIVITIES

VENUE CATERING

- There will be venue catering organised, in B Beach Restaurant.
- Terrace reserved for the event, meals will be served individually to participants to their table, no buffed will be available. Meals are available to purchase in NIRVANA web-site and must be booked at least one day in advance.
- Access will be limited and organized so as to ensure social distance.
- B Beach have all necessary sanitary measures to reduce the risk of infection.
- Currently, restaurants can only serve 6 customers in one table, and tables must be 2m apart from each other (1,5m if in a open space). This applies for restaurants and hotels.

CREW CAPTAINS MEETINGS

- Crew Captains Meetings will be held virtually unless otherwise indicated at the event.

CEREMONIES AND SOCIAL FUNCTIONS

- The OC is considering an opening ceremony if the pandemic situation allows by the time of the event. A hygienic protocol for the ceremony will be discussed with World Rowing.
- Only invited people will have access.
- Must wear mask, sanitize hands very often, maintain a distance of at least 1.5 meter.
- If it is too risky to stage an opening and closing ceremony, the OC will refrain from it and do a virtual ceremony

TRANSPORT

- Shuttle bus will be arranged between the hotel and the venue. Masks are mandatory during the entire trip and the capacity of the transportation may be limited according with the specific cars chosen to this service, to impose a safe distance between travellers.
- Cars will be sanitised regularly and drivers will be tested as OC Staff.

HOTEL

- All teams should choose to be accommodated at the OC's official hotels, so that the protocols are followed by all participants.
- The OC will reserve additional rooms at the hotel in case isolation is needed for someone with a positive COVID test or COVID symptoms.

- Athletes from the same crew must remain in the same room. Room sharing by athletes who are not on the same boat should be avoided where possible.

13. REPORTING AND COMMUNICATIONS

PRE-EVENT

- Done through use of the “PRE-EVENT HEALTH QUESTIONNAIRE”.

DURING EVENT

- The COVID Manager will take care of identifying a place in the venue dedicated to the isolation of those who present symptoms attributable to COVID-19 during the event and implement all procedures to ensure rapid health intervention. A Whatsapp Group for this purpose will be implemented.
- Any person who measures over 37.5 °C should immediately avoid close contact with others and report the situation. The on-site health personnel shall take over the positive or suspected case.
 - If the symptoms allow, the subject is asked to go to his home and contact the doctor or health authorities.
 - If the symptoms do not allow the removal independently, he will be transferred to the emergency room at the relevant local hospital.

POST-EVENT

- Within 14 days after returning home from the event, if any event participant shows COVID symptoms, and/or receives a positive test result:
 - They should follow their local health authority’s rules in force at the time (for example, going into self-isolation).
 - Additionally, they should immediately inform the OC and Rowing Portugal, by emailing the specific OC COVID email address provided.

The participant who has tested positive will be asked to provide details of their movements and close contact with other people during their time at the event.

14. ADDITIONAL INFORMATION OR MEASURES

- COVID-19 RETURN TO HOME TESTS (PCR or RAT) will be available at the venue and must be booked in advance.
- More information is available in a special document with table for booking the tests in advance.

It is Team’s responsibility to be aware of the demands and restrictions (what kind of test and when it needs to be conducted) travelling back home. It is also Team’s responsibility to book and pay the tests in time following the OC rules.