



Covid-19 Pandemic - Return to Staging Regattas

Advice for Event Organisers and Member Federations in 2020

Version 2 at 18 September 2020

World Rowing Events Team and FISA Sports Medicine Commission.

Thanks to the International Triathlon Union for allowing us to utilise much of their advice.

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Summary of Updates to Guidance 160920

Section	Summary of Changes
3. WHO Guidance	Added link to online Risk Assessment Tool
4.f. Temperature Checks	Updated recommendation due to accuracy in outdoor conditions.
9.h. Venue Facilities	Added recommendations on drinking water taps
10. Accreditation	Added recommendation for Photos/ID on accreditation card
11. Social Activities	Updated to reflect opening ceremonies/nations dinners going ahead.
14. Media/Mixed Zone	Added clarification on if Mixed Zones are required by TV production and recommendations for safe operation.
16.c. Accommodation	Added recommendation on catering in the hotels regarding buffet etiquette
16.d. TM Meeting	Updated to reflect physical TM Meetings & Draws happening
18. Victory Ceremony	Updated to include new "option C" for a contactless Victory Ceremony
New 19. Post Event	Added procedure for post-event reporting in case of positive case.

1. General

In light of the covid-19 global pandemic, FISA has created this guidance document in order to provide support and guidance for all organisers and participants of rowing events worldwide during 2020.

World Rowing (FISA) is following the recommendations from the World Health Organisation (WHO) and respects the guidance and recommendations of the applicable Local and National Health authorities for the event location on this matter.

The IOC has advised that during the evolving COVID-19 outbreak, effective protection of the health and safety of athletes must remain a priority. Under the IOC regulations, event organisers must ensure all athletes are covered by adequate measures to protect their health and that they have access to prompt medical care while participating in the event. Event organisers must put in place preventive measures to decrease the risk of transmission of infection and mitigation measures to minimise the risk of infection and ensure access to adequate medical facilities for participants at the event.

The FISA Sports Medicine Commission has previously issued a document for returning to training as a guideline for the rowing community which can be found at:

<http://www.worldrowing.com/news/return-training-advice-for-post-peak-and-post-pandemic-periods>

2. Individual responsibility

The FISA Sports Medicine Commission have issued general recommendations in line with WHO guidance in order to reduce the general risk of transmission of acute respiratory infections. The basic rules to avoid infection and transmission are:

- a. wash your hands with soap regularly at least 30 seconds with water and soap,
- b. avoid touching your eyes, nose or mouth with your hands,
- c. practice excellent cough and respiratory hygiene.
- d. practice physical distancing.
- e. isolate yourselves if you have symptoms of covid-19

3. WHO Risk Assessment and Mitigation Checklist for Mass Gatherings in the context of COVID-19




An event is considered a “Mass Gathering” if the number of people it brings together is so large that it has the potential to strain the planning and response resources of the health system in the community where it takes place. This extends to rowing events such as continental, regional, and national regattas or events.

World Rowing (FISA) is requiring that the respective organising committees, together with FISA, assess each event using the [WHO Risk Assessment and Mitigation Checklist for Mass Gatherings in the context of COVID-19](#) and the [Considerations for sports federations/sports event organisers when planning mass gatherings in the context of COVID-19](#). These are operational tools that offer guidance for organisers holding events during the COVID-19 outbreak, and should be accompanied by the

[WHO Mass Gatherings Sports: risk assessment tools in the context of COVID-19](#) to help perform the risk assessment.

Rowing is a non-contact sport with low risk. The particular risk assessment can be done according to the World Rowing Covid-19 Pandemic Return to Training Advice for post-peak and post-pandemic periods.

These documents are available at the links above and below:

WHO Risk Assessment and Mitigation Checklist for Mass Gatherings in the context of COVID-19	 WHO-2019-nCoV-P OE mass_gathering_
Considerations for sports federations/sports event organisers when planning mass gatherings in the context of COVID-19	 WHO-2019-nCoV-M ass_Gatherings_Spo
WHO Mass Gatherings Sports: addendum risk assessment tools in the context of COVID-19	 who-covid-ra-sport s-addendum.xlsx
World Rowing Covid-19 Pandemic Return to Training Advice for post-peak and post-pandemic periods Final at 29 May 2020	Download Here
Infectious Diseases Outbreak Management Tool for endurance mass participation sporting events:	Adami PE, Cianca J, McCloskey B, et al. Br J Sports Med doi:10.1136/bjsports-2020-103091 Accepted 3 August 2020 Br J Sports Med 2020;0:1–2. doi:10.1136/bjsports-2020-103091

In addition to the above listed documents, five major international sport federations including FISA have developed an online Infectious Diseases Outbreak Management tool for use by event organisers as part of their risk assessment during event planning. The tool is available online here: <https://idom.worldathletics.org/>.

World Rowing strongly advises organising committees to perform the risk assessment in cooperation with local stakeholders such as the local and regional Public Health Authorities. It is also important to introduce local authorities to specific mitigation measures specified in these guidelines that can be applied to rowing events.

4. Participants’ health screening (athletes, coaches, officials, OC staff/volunteers, all accredited clients)

- a. Team medical staff (or if not available, the team manager) should regularly monitor the health status of their athletes and support staff on a daily basis for 14 days before and during a Rowing event. This should include taking daily temperatures and monitoring for Covid-19 related symptoms.
- b. Pre-Travel and Pre-Event Health Checks for OC staff and volunteers by the OC are highly encouraged to ensure exclusion of those with potential additional risk of infection.

- c. The determination for requirement of a participant's Pre-Travel Medical Certificate or health documentation is linked to the rules of the national health authorities of the host country.
- d. If a Pre-Travel Medical Certificate is required by the local health authorities for an athlete registered to participate, the OC and FISA will discuss the appropriate steps to obtain these.
- e. World Rowing strongly recommends that all athletes, coaches, officials, OC staff and all accredited client groups participating in an event should fill in a Pre-Event Health Questionnaire upon arrival to the venue. A template questionnaire can be found in Appendix 3.
- f. An additional measure could be that the OC measure the temperature of all individuals entering the venue on a daily basis, where this can be done accurately. For example, outdoors and in colder or warmer weather, temperature readings may not be accurate at the entrance to the venue. Any individual with a temperature above 37.5°C should report to the OC Medical Centre immediately. Persons with an elevated temperature should have an oxygen saturation measurement performed. Temperatures above 37.5°C and saturation lower than 95% could be used as cut-off for assessment for possible Covid-19.
- g. The OC regatta doctor and medical team will be responsible for establishing this process with the relevant local health authorities.
- h. The purpose of this screening is to identify incoming event participants who may need to have a medical assessment performed to determine if they may participate, need for on-site testing and possible referral to insure proper case management by competent authorities.
- i. Daily health screening of the athletes and team support staff should be done by the Team Doctor or Team Medical Staff. Other client groups should have a visual check at the entrance to the venue, which includes proper fit of face mask and hand disinfection, additional temperature screening. Each accreditation card must be validated on a daily basis following the health screening.

5. Use of mask/mouth-nose face covering and rubber/disposable gloves

- a. The use of masks and disposable gloves at the event should comply with the local health authority's guidance and recommendations.

Where appropriate social distancing cannot be achieved, World Rowing strongly recommends the use of masks/mouth-nose face covering by volunteers, officials and other accredited clients who are in close contact with athletes (e.g. registration/accreditation, catering, weighing).

- b. In areas where it is possible, it is also recommended to provide a shield or screen such as a plexi-glass screen if contact or distancing cannot be achieved. Behind such a shielding on a counter, people may work without a mask (when allowed by local guidelines).

- c. Physical hand contact requires rubber/disposable gloves (need to be changed regularly) in areas where multiple people from different client groups are in contact with the same surfaces and areas (such as control commission for distribution of bow numbers and GPS devices).
- d. Athletes and staff are advised to wear masks covering the mouth and nose during any non-competition activity. (Please be reminded when wearing rubber/disposable gloves and masks/mouth-nose face covering you still need to disinfect. The OC must communicate to everyone the proper use of masks. More information can be found in Appendix 2.)
- e. The OC is only responsible for providing masks covering the mouth and nose and rubber/disposable gloves to its volunteers and staff along with a contingency amount for medical needs. All other accredited clients must bring their own equipment.

6. Medical provisions and recommendations to the event organisers

OC Covid Response Plan

- a. The OC must submit to FISA a clear organisation medical and hygiene plan, that is produced based on this guidance and the guidance of the local health authorities. The plan should contain a clear section on infection prevention provisions, and response to a possible or confirmed covid-19 infection at the event.
- b. The OC medical director is responsible for all medical operations and should be a key member of the OC. The OC medical director should be a certified medical doctor, should be present at the venue during venue opening hours and reachable at all other times. A deputy to the Medical Director must also be a licensed physician and must be fully briefed on all matters and duties must be fully delegated in the event that the Director needs to be represented because he is absent for important reasons.
- c. The OC's medical director should work with local health authorities, with local hospitals and health care providers on public health communication protocols, designated hospitals and contact methods, pharmacies, on call medical services and emergency services. The protocols should specifically address isolation and transport protocols for suspected covid-19 infected patients.
- d. The OC must ensure a system is in place to enable tracing of all contacts in the event of a positive case of covid-19 occurring at the regatta.
- e. The OC Medical Director will have regular (daily or on demand) meetings with the FISA doctor. In addition, the OC medical director will report any relevant medical issue to the FISA doctor on a timely basis.
- f. An increase in medical personnel on-site (including designated medical providers who are able to triage and refer suspected cases for covid-19 testing) will be required.
- g. Event medical centres should have adequate space for social distancing, shields between treatment places, good ventilation, hand washing stations with warm and cold running water, and an adequate supply of PPE (personal protective equipment) including facemasks, rubber/disposable gloves and protective suits.

- h. Ensure sufficient availability of thermometers (e.g. infrared) to check all accredited persons' temperatures.
- i. These recommendations are in addition to the standard FISA guidelines for regatta medical centres, outlined in the FISA Manual.

Hygiene

- a. A hygiene plan should be created which identifies risk and mitigation procedures including cleaning and waste disposal plans.
- b. The OC medical director must approve the hygiene plan and receive regular reports.
- c. A schedule for regular cleaning of public spaces, toilets and showers and regular cleaning of door handles, hand rails and frequently touched surfaces should be created and maintained. A record of the cleaning performed must be kept by the OC and available to both the OC medical director and FISA doctor.
- d. The OC medical director shall establish regular checks of cleaning.
- e. Soap and water or alcohol-based hand sanitisers and tissues should be accessible at the entrance to the venue, entrances to buildings, in all common areas and in the medical treatment areas.
- f. Disinfection liquids and paper towels should be available at the ergometer room, at the in-and out pontoons and in the weighing area.
- g. The OC must perform regular checks of the available of soap, paper towels and disinfection liquids. The regular checks should be displayed by a posted check list which is signed by time and name sign when check was performed. Only single use towels are permitted to be used.

Provisions for COVID-19-suspected cases

- a. As part of their response plan, the OC should determine with the local health authorities the procedures for care and isolation of individuals suspected of or diagnosed with covid-19.
- b. Establish isolation room in on-site medical treatment clinics/facilities where such persons can be initially assessed, and triage should be considered.
- c. The isolation area should be equipped with the necessary supplies to facilitate hand hygiene and respiratory etiquette.
- d. The medical staff attending the room/area should be equipped according to actual guidelines, including facemasks, rubber/disposable gloves, and protective suit/ gown. The quantities should cover the anticipated shifts and should allow changing as needed. The use of the equipment is a decision of the Medical Director depending on risk assessment and medical needs, e.g. type of masks needed (surgical or FFP2/N95), use of the rubber/disposable gloves, and use of protective suit/ gowns.

- e. If a person is suspected to be ill or becomes ill while at the event, a protocol must be established and followed. This should include: 1. Isolate the person at an isolation room or area, 2. Contact OC doctor and FISA doctor, 3. Act according to emergency plan including treatment, testing, ongoing isolation and contact tracing in the case of a positive result.
- f. A protocol should be created and shared to define how all involved parties will be notified of a potential COVID 19 situation.
- g. In the chance of a significant outbreak occurring, a place where a large number of people can be quarantined must be identified in the plan.

7. Risk communication and awareness

- a. It is important that all the provisions in place are communicated clearly to all participants and spectators in advance through the team managers manual, social media, websites and through the NFs communication channels.
- b. Health advisories should be prominently displayed at the regatta venue and in all possible venue facilities and access routes. The Advisories must include advice on hand washing, and minimising physical contact reminding and encouraging all to maintain high levels of personal hygiene and “cough etiquette”.
- c. OCs should develop a risk communication strategy for covid-19 before the event. It is expected that a positive, or potentially positive case arising at the event would draw significant additional media attention and there is a risk that widely available and present social media could enable inaccurate and unnecessary disinformation.
- d. OCs should appoint designated person(s) (such as the OC Media/Press Officer) to work with the FISA Event Manager with respect to media activities and to be tasked with managing all external communications with national and international government officials, the general public, and the media. A FISA spokesperson will be appointed. It is advisable to set-up monitoring of social, national and international media for rumours and false information to be able to counter them early.
- e. FISA will develop an internal crisis communications plan that is managed and co-ordinated by the FISA Event Manager. Other FISA representatives at the event, the FISA Doctor and key OC members would be involved in the preparation and communication in the case of an incident.

8. Conduct of all attending the event

- a. The following measures are recommended to be in place:
 - i. Daily health screening of participants (temperature checks).
 - ii. Physical separation of athletes, officials, spectators and support staff. Spectators should follow the social distancing and event screening rules that are requested by the public health authorities of the specific country where the event is taking place.
 - iii. Athletes are advised to wear masks/mouth-nose face covering during any non-competition activity.
 - iv. Sharing of equipment, especially water bottles and cups should be prohibited.

- v. Anyone scheduled to participate in the event who is feeling ill should not come to the venue and be advised of the designated contact online or by telephone.
- vi. Everyone should be briefed, in advance, on the protocols for suspected and confirmed patients, infection prevention and control measures and available sites to find more information. This should be reviewed again at the team managers meeting.
- vii. Detailed contact information of each Team Manager must be available to the organising committee.
- viii. Inform anyone involved with the event who is over age 65 or any person with compromised health of the potential increased risk for significant health consequences if they become infected. They should be recommended to take greater preventive measures or consider not participating.

9. Venue facilities

- a. All working spaces and provided facilities must be organised in a way that social distancing is respected.
- b. At the entrance of each venue tent/room, alcohol-based hand sanitizers must be available.
- c. When entering catering areas or meeting rooms, hand sanitation of all entering is mandatory and must be enforced.
- d. In all of the accredited zones (athletes' areas, VIP, media, FISA/OC working spaces), hand washing facilities must be provided.
- e. Provide disinfectant wipes and require that venue cleaning staff disinfect all areas (including door handles, toilet handles, bathroom faucet handles, table tops and work surfaces) several times per day.
- f. Room doors must remain open if possible and if not, should be managed by volunteers to decrease the number of individuals touching the door handles.
- g. Bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in all rooms must be provided.
- h. Options for providing drinking water should be discussed for each venue. It is recommended that drinking water taps are clearly identified as "high contact" areas and participants should disinfect the taps before and after use, if re-filling a water bottle. If possible, the organising committee should consider having a volunteer positioned to disinfect a dedicated drinking water tap after each use. The OC should provide adequate hand sanitizer or disinfection wipes at the location of the drinking water taps. If it is possible to provide bottled water to reduce the contact with drinking water taps, this should be considered.

10. Accreditation

- a. The number of accredited personnel should be limited, in accordance with any local health authorities' guidelines or requirements on restricted number of participants.

- b. Restrict the number of people inside an accredited area. Those with access must be limited to the absolute minimum and social distancing in relation to available venue area space must be considered when determining the numbers.
- c. If any accredited persons are not following the established prevention procedures around the covid-19, their accreditation card will be removed and will be asked to leave the venue.
- d. It is recommended that the accreditation cards include the photo and name of the accredited individual to help with the control of numbers in the accredited area.

11. Social activities

- a. In order to minimise the opportunities for mass gatherings, it is recommended that opening and closing ceremonies, and other social functions (such as the Nations Dinner) should not be planned, where appropriate social distancing and other hygiene measures can be put in place. Should a Nations Dinner be planned, it is recommended to have a standing reception format. Formal “sit-down” dinners are not recommended unless appropriate distancing can be adhered to during the dining. Organising Committees should seriously consider the mixing of many nationalities and put in place appropriate measures to limit the contact between people.
- b. Other activities with smaller groups should be risk assessed and a decision taken by FISA, the OC and the Local health authorities on these activities.

12. OC Staffing & Volunteers

- a. The social gathering of the OC team and its volunteers must be kept to an absolute minimum.
- b. Any volunteer training sessions should take place via online platforms if possible. If training must occur on site respecting social distancing shall be enforced.
- c. The number of volunteers must be reviewed and kept down to the absolute minimum necessary.
- d. The working conditions must follow the recommendations from the local Health Authorities.

13. Spectator areas

- a. Social distancing should be respected in all the areas where spectators are located. In this regard, the OC is recommended to create a venue layout where the event can be viewed from multiple locations.
- b. All traffic flow within the venue must be one-directional. Spectators are advised not to stop in narrow sections of the corridors. Consideration should be given for facemask use by spectators upon entry into the venue.

- c. If grandstands are provided, 1.5 m distance (or the local distancing requirement) should be provided between the seats. Appropriate facemasks should be worn at all times by spectators (local regulations apply and will supersede the FISA recommendations).

14. Media Services

- a. Each event OC and FISA will discuss the specific measures for the media at each venue, depending on layout and size of media facilities.
- b. Accredited media representatives must be limited, taking into account social distancing and the available space.
- c. FISA and the OC will establish the total number of media accreditations permitted, based on an analysis of the space available in the media work areas. Photographers will be permitted to go to the start but will be required to respect all social distancing measures, including taking transport to the start.
- d. The media centre must be prepared with at least 1.5m between each seat and each row of seats. The regular cleaning and disinfecting routine at the venue should be applied to the media centre as part of the OC's cleaning of the venue.
- e. The wearing of masks/mouth-nose face covering and rubber/disposable gloves when interacting with people is strongly recommended to be enforced.
- f. The media representatives must go through the same health screening process as the rest of the accredited groups.
- g. It is recommended that there is no mixed zone at the event. Should a mixed zone be required at the event due to the TV production obligations, appropriate social distancing between the media and the athletes should be maintained at all times. The number of people in the mixed zone and victory ceremony area should be kept to an absolute minimum. Media are not permitted to enter the athlete waiting areas or the victory ceremony staging areas.

Opportunities for photos and interviews with athletes in a dedicated space within the boat park area will be offered to the media on an appointment basis and will be co-ordinated through the World Rowing Communications Team.

15. Jury and FISA Services

- a. Total Numbers – If possible, reduce the number of representatives travelling to an event.
- b. Guests – FISA strongly discourages the attendance of guests (e.g. spouses or partners) of FISA Council, Commission and Jury Members to limit the number of people travelling to the event as well as to reduce risk in accommodation and on transport services.
- c. Single Rooms – Accommodation arrangements should consider the social distance and be single occupancy where possible.
- d. Meals in hotel – Jury and FISA people should take extra care to distance during meals.
- e. Meals outside of the hotel – Jury and FISA people should also distance in restaurants and consider room service for one or more of the nights to minimise exposure
- f. Transport – continue with masking even in private cars during the regatta and sit only two in the back seats of the private cars.
- g. The jury should be organised in teams which work together in the same areas and rotate between positions if any possible as teams, particularly in scenarios where social distancing is not possible (e.g. in the umpire's launch or in the Finish Tower), the movement/rotation of personnel should be limited.

- h. Disinfection - All areas (including in launches/motorboats and regatta facilities) should be cleaned and disinfected thoroughly at the end of each day by the OC.

16. Teams Services & Logistics

- a. Airport transfers
 - i. The OC should plan to minimise the mixing of teams during airport transfers. If not possible, there should always be empty seats between the different teams on transport services.
 - ii. It is strongly recommended for the Teams to send only the necessary support staff and try to reduce its size to the absolute minimum.
- b. Transport
 - i. Transport operations at the event should comply with the local health authorities' guidance and recommendations in relation to social distancing.
 - ii. OCs should assess the capacity of their current planned transport service and calculate the number of people permitted on each bus to comply with social distancing. This calculation should then be used to determine the number of buses and the schedule of the transport operation.
- c. Accommodation
 - i. Any accommodation planning should be based on local health authorities' guidance and recommendations. Where possible, social distancing guidance should be adhered to in the accommodation/hotels.
 - ii. It is recommended that the Teams should still have the options of where they stay, in line with their budgets.
 - iii. It is recommended that for Hotel catering operations, the buffet facility should not be "open" or self-service. Where possible, the buffet should be covered, and staff should serve the food to the participants to ensure good hygiene.
- d. Team Manager Meeting(s) & Draw
 - i. It is recommended that if a physical Team Manager meeting and Draw are held, that appropriate social distancing should be followed and the room/facilities should be big enough to allow this.
 - ii. The Team Manager meeting and Draw will be live streamed on World Rowing's Social Media Channels for those who do not wish to attend the meeting in person. Any Team representative doing this should inform FISA in advance of the Team Manager Meeting.
 - iii. Team Manager Meeting presentation slides and the notes of the meeting will NOT be distributed in print. These will be distributed electronically via email and/or WhatsApp to Team Managers and published on the event page on www.worldrowing.com.
- e. Bag Storage
 - i. Volunteers are strongly recommended to wear a mask and rubber/disposable gloves.
 - ii. Rules for social distancing between athletes must be respected inside the tent/room and at the waiting area outside the tent/room. The spacing must be marked on the floor by the organising committee. The maximum number of athletes should be predetermined/communicated in the tent/room (based on its size).
 - iii. Athletes must anticipate delays as they may encounter queues to drop off or pick up bags.
- f. Registration / Accreditation

- i. See point 10 above.
 - ii. Teams should only send one representative (Team Manager) of the team to collect accreditation and check the entries for the whole team.
- g. Team Tents & Athlete Rest Area
- i. Teams are responsible for their own Team Tents and should clean and disinfect these regularly at the venue.
 - ii. The OC should keep the athlete rest areas cleaned and disinfected.
 - iii. The layout of the rest areas should adhere to social distancing requirements. It is recommended to operate a “one-way” flow for entry and exit of the space.
- h. Warm Up Area (ergometers/bikes)
- i. The layout of the warm-up areas should adhere to social distancing requirements according to risk assessment (only operational, when risk is low, green, see FISA guideline, otherwise closed). Good ventilation is mandatory, tents should be side open, and windows open.
 - ii. The distance between equipment should be 1.5m, ergometers should not be mounted one after the other, but side to side.
 - iii. There should be a “one-way” flow for entry and exit of the warmup space.
 - iv. The OC are required to clean and disinfect the warm-up area thoroughly (including all rowing ergometers and other provided machines) daily in the morning and in the evening (i.e. before and after use).
 - v. Disinfectant wipes should be available for athletes to clean the equipment before and after use. The OC should monitor the cleaning of machines and if possible have volunteers to clean the machines between each athlete using the machine.

17. Classification (Para-Rowing)

- a. Classifiers will have the option to delay scheduled classification appointments in order to ensure that there is sufficient time between appointments to air out the classification room which must have windows, and to clean and disinfect the test bench, ergometer, fixed seat, and any other surfaces touched during the classification appointment.
- b. General requirements for classification have been shared with the OC and contain the main provisions for hand sanitiser and disinfectant wipes to clean down the examination bench or VI Equipment.
- c. Waiting areas will need to be clearly marked and allow for the required social distancing. Athletes should not arrive more than 30 minutes prior to their scheduled appointment in order to minimise the number of people in the waiting area.
- d. No trainee or mentee classifiers will be permitted in an Athlete Evaluation during this period in order to minimise the number of people in the classification room.
- e. The Chief Classifier will make the final decisions on the required provisions to ensure safety of the environment.
- f. Disposable masks/mouth-nose face covering, and rubber/disposable gloves should be available to classifiers for each athlete session.
- g. It is recommended that classifiers wear masks/mouth-nose face covering and rubber/disposable gloves during the classification process.
- h. NFs and athletes must adhere to the classification schedule according to the FISA Rules of Racing.

- i. Where possible, physical contact by the classifiers will be kept to the minimum (for Physical and Visual Classification). Some physical contact is required, however, in order to properly complete the Athlete Evaluation.

18. Victory Ceremonies

- a. The need for holding a medal ceremony must be assessed carefully. Final decisions on the staging the Victory Ceremonies, taking in to account the current requirements and guidance from the local health authorities, will be made at the venue.
- b. Option A: Victory Ceremonies held as normal (risk category low or none)
 - i. The victory ceremony for each boat class will be held, as normal, following the Final A of that event.
 - ii. The Medal Presenter will be required to wear a mask and disposable gloves and will hand over the medal to the athlete rather than placing it around their neck.
 - iii. Social distancing regulations should be adhered to, where possible, throughout the victory ceremony.
- c. Option B: Victory Ceremonies held at the end of Racing
 - i. Following all Finals A of the regatta, the victory ceremonies will be held together as one block.
 - ii. Athletes will finish their Final A and be able to get their boat off the water and have time to shower and prepare themselves before the victory ceremony.
 - iii. The VC area will operate a “one-way” system and the athletes will be staged before their ceremony.
 - iv. Only the Medal Presenter will be permitted as part of the victory ceremony in addition to the medallists.
 - v. The Medal Presenter shall not be permitted to shake hands with the athletes or to place the medal around their neck.
 - vi. Only one volunteer is involved with the ceremonies who prepares the medals on separate trays for each athlete. The volunteer is strongly recommended to wear rubber/disposable gloves and a mask.
 - vii. The volunteer must disinfect the trays between victory ceremonies.
 - viii. Water bottles used in the mixed zone and Victory Ceremony waiting area should be immediately disposed of in a covered bin.
- d. Option C: “Contactless” Victory Ceremonies to take place
 - i. 3 tables are used on the VC stage (with a placard in front indicating gold, silver, bronze). Medal and gift trays are placed on these tables ahead of each ceremony. Trays etc. are disinfected between the ceremonies.
 - ii. Athletes come from the waiting area and mixed zone in the usual way and stand, distanced behind their table, in front of the backdrop.
 - iii. No medal presenter/gift presenter is required to participate in the ceremony, but may stand at the side of the
 - iv. Athletes collect their own medals and gifts from the tray on the table, as the athlete name is announced.
 - v. Athletes would have to wear a mask, except for during crew photos.

- e. Option D: No Victory Ceremonies held at the regatta
 - i. No victory ceremonies will be held at the regatta.
 - ii. Team Managers will be able to collect medals for medal winning crews from the registration/accreditation desk at the venue following the Finals A.

19. Post Event Procedures

Following attendance at an event, it is recommended that if possible, participants should take a covid-19 test upon returning to their home country.

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 event Organising Committee and FISA, by emailing the specific covid OC email address provided, with copy to the relevant FISA Event Manager. 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.

The OC and FISA will take appropriate actions to inform those who may have come into close contact with the participant who tested positive. It is recommended that those who have been in close contact with the confirmed positive case should immediately start isolation, get tested themselves and follow local guidelines and reporting for possible exposure in their home country.

20. References

- a. [FAQs on Mass Gatherings and COVID-19 including Sporting Events FAQs](#)
- b. [Key planning recommendations for Mass Gatherings during COVID-19](#)
- c. [Generic Risk Assessment and Mitigation Checklist](#)
- d. [WHO interim guidance on how to use risk assessment and mitigation checklist](#)
- e. [Decision tree flowchart for mass gatherings in context of COVID-19](#)
- f. [Sports addendum risk assessment and mitigation checklist](#)
- g. [International Traveling Health Guidelines](#)
- h. [Advice on Use of Masks](#)
- i. [WHO interim guidance - "Considerations in adjusting public health and social measures in the context of COVID-19"](#)
- j. [International Triathlon Union: Guidance for Event Organisers, Covid-19](#)
- k. [World Rugby: COVID-19 return to rugby guidelines](#)

21. Appendices

Appendix 1: Proposed Medical Certificate Covid-19 Outbreak

Name of the Person examined: _____

Born (date/city/country) _____

Passport Number: _____

Address/city/country: _____

National Rowing Federation: _____

I hereby certify that I have examined the above-named person on (date): _____

From the information to health being declared by the person and my clinical examination I certify that:

- He/she has not tested positive to PCR nasopharyngeal test; and
- He/she is not in quarantine and has been without any COVID 19 symptoms for the previous 14 days.

He/she is currently in good health.

Date: _____

Patient Signature: _____

Doctor Name: _____

Address: _____

Signature: _____

Appendix 2: Instruction Posters

1. Proper Handwashing

https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf?ua=1

2. How to wear a mask

https://www.who.int/docs/default-source/epi-win/how-to-use-mask-v0-1-print.pdf?sfvrsn=64ba1493_2

3. When to use a mask

https://www.who.int/docs/default-source/epi-win/when-to-use-a-mask-v0-1-print.pdf?sfvrsn=447aa72d_2

4. General Mask Wearing Safety

<https://www.who.int/images/default-source/health-topics/coronavirus/risk-communications/general-public/protect-yourself/infographics/masks-infographic---final.tmb-1920v.png>

Appendix 3: Proposed Pre-Event Health Questionnaire

Name:	
Permanent Address:	
Address during event:	
Telephone Number:	
Email Address:	
Countries visited in last 14 days:	

Question: Within the past 14 days, 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 COVID-19 patient?		
Travelled together with 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?		
Experienced any of the following symptoms now and in the previous 14 days:		
<ul style="list-style-type: none"> <input type="radio"/> Fever <input type="radio"/> Cough <input type="radio"/> Fatigue <input type="radio"/> Dyspnea <input type="radio"/> Myalgia <input type="radio"/> Sore Throat <input type="radio"/> Chest Pain <input type="radio"/> Congestion/Coryza <input type="radio"/> Headache <input type="radio"/> Chills <input type="radio"/> Nausea/Vomiting <input type="radio"/> Diarrhea <input type="radio"/> Anosmia/Dysgeusia <input type="radio"/> Chilblains/Pernio 		

Covid-19 Measures

Appendix to Return to Regattas Guidance

16 September 2020

Covid-19 Measures

Information Posters

OPENING DOORS



AVOID USING HANDS!

KEEP YOUR DISTANCE



DISINFECT EQUIPMENT BEFORE AND AFTER USE



WHO Information Posters

- Proper Handwashing

https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf?ua=1

- How to wear a mask

https://www.who.int/docs/default-source/epi-win/how-to-use-mask-v0-1-print.pdf?sfvrsn=64ba1493_2

- When to use a mask

https://www.who.int/docs/default-source/epi-win/when-to-use-a-mask-v0-1-print.pdf?sfvrsn=447aa72d_2

- General Mask Wearing Safety

<https://www.who.int/images/default-source/health-topics/coronavirus/risk-communications/general-public/protect-yourself/infographics/masks-infographic---final.tmb-1920v.png>

Covid-19 Measures

Good Practice Examples

Athlete Weighing

- Official scales set up
- Screen between Jury Member and athlete



Athlete Weighing

- Waiting Area
- Distancing between athletes waiting (including partition screens)
- NTO in the weighing area monitors the waiting area.



Athlete Weighing

- Test Scales located in the waiting area (in an area with space around)



MEDIA WORK AREA

- 1 workspace per member of the media, with adequate distancing between positions.
- Masks being worn at all times.



GENERAL

- Radios are disinfected after use, when collected back in.



Infectious Diseases Outbreak Management Tool for endurance mass participation sporting events: an international effort to counteract the COVID-19 spread in the endurance sport setting

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The COVID-19 pandemic has caused considerable economic damage throughout the world in addition to a severe health crisis. Social distancing is the main preventative measure for person to person transmission of SARS CoV-2.¹ This has essentially put a halt to all mass participation endurance sporting events, with

road races, triathlons, cycling, Nordic skiing and rowing events being indefinitely postponed or cancelled. The benefits of endurance exercise have been widely demonstrated,² therefore, the current halt has had significant health and social consequences worldwide. From a financial perspective, the economic impact on the endurance sport mass participation industry has also been catastrophic. Endurance events are estimated to generate over US\$3 billion/year in the USA alone.³ Taking the example of road running, 17.6 million people registered for road running events in the USA in 2019.⁴ Endurance sports, thanks to the competition format, allow elite and amateur athletes to compete together, attracting large crowds of participants (e.g. Henley Royal Regatta, Vasaloppet, Gran Fondos, International Triathlon Union World Championship Grand Final). Therefore,

the cessation of endurance events represents a huge societal loss.

At some point, the pandemic will give way to isolated clusters of cases with no widespread community transmission and people will be able to return to mass participation sporting events.⁵ However, until there is a vaccine, a specific cure or wide-spread herd immunity, participation in endurance events will remain potentially unsafe and could be considered socially dangerous. COVID-19 has dramatically shifted the focus of medical directors to infectious threats, reflecting the concerns that endurance mass participation events can present specific public health challenges because of the gathering of large crowds for prolonged periods. Furthermore, such events often result in mixing of populations that travel to the competition destination from different parts of the world, thus are exposed to a different infectious risk (higher or lower) than the hosting local community.

To tackle these challenges the International Institute for Race Medicine and World Athletics have gathered representatives from International Sports Federations of endurance mass participation sporting events (i.e. International Cycling Union, International Skiing Federation, World Rowing and World Triathlon), to form a medical task force. The task force also included experts from the International Paralympic Committee and from WHO COVID-19 Mass Gatherings Expert Group. Representatives from the International Olympic Committee and WHO were present as observers to ensure consistency of preventive measures across different mass gathering sectors. Only sports that share a high aerobic demand, have mass starts or mass arrivals or which

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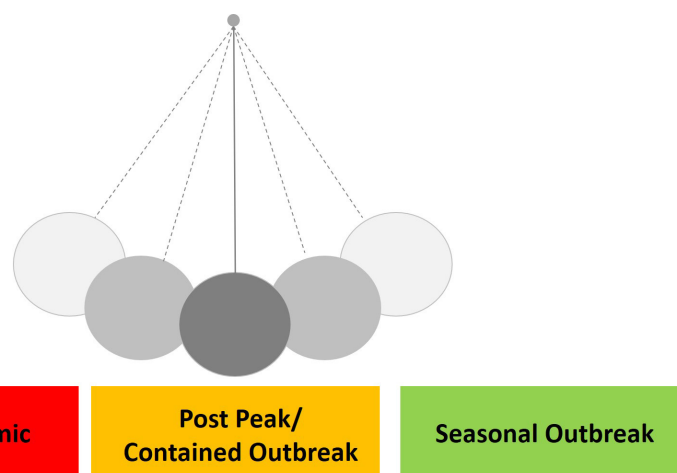


Figure 1 Pendulum of risk.

focus competition in a relatively small area over several days such as rowing regattas, were included in the medical task force to keep the group uniform. Finally, endurance events planners and stakeholders were added as an advisory working group, to provide perspective and support to the medical task force.

By adapting already existing tools developed by WHO^{6,7} to the characteristics of endurance mass participation sporting events, the medical task force created a web-based supporting tool for event's organisers. The Infectious Diseases Outbreak Management Tool (<https://idom.worldathletics.org/>) aims to become an accompanying tool for endurance mass participation sporting events organisers and should help by:

- ▶ Assessing the risk level of the event in both quantitative and qualitative manner.
- ▶ Determining the public health and sport event's mitigation preparedness.
- ▶ Proposing the steps to take to further mitigate and reduce the risk.

The tool provides a macroscopic, multisport perspective taking into consideration local health and safety regulations, the individual event's characteristics and the local community needs. It strongly encourages partnership with local and regional health and safety agencies, by bringing together the specific expertise of the sports bodies with that of the local public health system.

Based on the principle that a certain level of risk will always be present, and on a simplified version of WHO Pandemic Phase Description,⁸ the task force introduced the concept of the pendulum of risk (figure 1). The pendulum hypothesises the existence of three infectious diseases outbreak phases, active pandemic, post-peak/contained outbreak and seasonal outbreak, as part of a continuum. Therefore, the infectivity and transmissibility risk of any infectious disease will have to

be assessed before the organisation of all future events.

It is our opinion that the management of endurance mass participation sporting events during outbreaks can be improved from the current situation, so that potential future outbreaks will not require the same scale of countermeasures. The continuous understanding of COVID-19 requires a flexible approach and the acknowledgement that all the currently available resources should be considered as 'living documents'. It is in the interest of the entire endurance event industry and of the communities in which these events take place, to develop innovative strategies to stage events in a way that allows the health, economic and social benefits to be achieved while reducing any outbreak-associated risks.

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