



## EUROPEAN ROWING UNDER 23 CHAMPIONSHIPS KRUSZWICA POLAND

SEPTEMBER 4-5 2021

### COVID-19 RESPONSE PLAN

Version 4 at 05.08.2021

#### 1. INTRODUCTION

As of today, the health situation related to COVID-19 in Kruszwica, as well as in the rest of Poland, is serious, but under control. Currently, there is a downward trend in the incidence of COVID-19, and hospitals and intensive care units are able to cope with the situation.

More information available on the website <https://www.gov.pl/web/coronavirus>

High-level sporting activity, international and national sporting events are allowed with strict application of the current Covid-19 protocols. National and international events are only allowed without the presence of the public and spectators.

Thanks to the current vaccination campaign starting on 27 December 2020 the risk of infection has been reduced. At the moment 34 million Poles are vaccinated, and about 100,000 are added every day. The number of vaccination centres is increasing constantly.

Last year, the Gopło Kruszwica Club organized sports events for 500 people in compliance with the sanitary requirements, no infections occurred during the events. The organization of these competitions was considered test events for the European Rowing Under 23 Championships.

#### 2. LOCAL GOVERNMENT / PUBLIC HEALTH GUIDELINES

- You can find all the latest relevant information on the Covid-19 regulations here: <https://www.gov.pl/web/coronavirus>

Information on travel restrictions can be found here:

<https://www.gov.pl/web/coronavirus/travel>

<https://strazgraniczna.pl/pl/aktualnosci/informacje-dla-podrozny/9081,Kwarantanna-po-przekroczeniu-granicy.html>

When entering via an external EU border, a 10-day quarantine obligation applies. When entering from EU countries, quarantine is mandatory for 10 days, regardless of the means of transport used.

The 10-day quarantine can be terminated earlier by a negative test result. The quarantine obligation does not apply if a negative COVID-19 PCR test result not older than 48 hours is already presented upon entry.

Persons who can prove that they have been vaccinated against COVID-19 with a vaccine approved in the EU are exempt from the quarantine obligation. The document confirming the vaccination should be presented in English language.

However, since the situation may change, the OC will provide updates on a regular basis.

If you have any questions or need any help, please contact the Organizing Committee (OC) via e-mail: [BeataKruszwica@wp.pl](mailto:BeataKruszwica@wp.pl)

- The main steps that should be taken to be able to conduct sporting events safely and in accordance with the guidelines of the authorities are:
  - Obligation to keep social distance, minimum 1.5 meters and avoid hugs and handshakes.
  - Mandatory use of masks FFP2/KN95
  - Wash your hands with soap and water for at least 30 seconds or, if this is not possible, use a gel or hand sanitizer.
  - Avoid touching your eyes, nose and mouth.
  - Use proper hygiene when coughing and sneezing (use of disposable tissues).
  - Frequently disinfect the sports facility and all areas of potential contamination
  - Temperature measurement before entering the sports facility. People with temperatures above 37.5 degrees Celsius will not have access to the venue. In case you have a body temperature above 37.5°C or symptoms related to Covid-19, please stay at home and notify the Organizing Committee immediately. The OC will then take the necessary measures to prevent the spread of the contamination immediately. If symptoms appear after entering the event site, the OC Doctor must be notified immediately to assess the isolation and mobilize the necessary measures. The OC Doctor will then consult the WR Doctor.
  - Avoid hugs and handshakes.
  - Avoid gatherings as much as possible to prevent potential risk situations.

- Disinfect all sports equipment frequently.

-Do not interchange personal belongings or items whenever possible.

#### FACE MASKS

- Masks covering the mouth and nose must be worn at all times, except for athletes on the water, on ergometers or during the warm-up, which will only be possible in designated areas. Only FFP2 and KN95 masks will be allowed.

- Masks must be provided by the National Federations

### 3. CONTACT INFORMATION

Organizing Committee COVID Manager: Maciej Banachowski

kruszwica2021@wp.pl

### 4. GENERAL MEASURES AT THE REGATTA VENUE

Before entering each room, there will be information about the maximum number of people allowed in it.

The race venue will be closed to the public.

Only accredited participants will have access.

All service providers will be accredited.

The Organizing Committee will organize frequent disinfection of the area. All participants, including staff, must wear a mask that covers their nose and mouth at all times. Depending on the role, some volunteers will receive transparent face shields in addition to the mask.

The regatta venue is divided into the following areas and all rules and measures must be followed:

-Boat House - boat park and technical and operational service related to the regatta

-Finish Area

- Jury area and Race course / Motor boats

The above areas will be supervised by personnel designated and identified by the Organizing Committee. Currently there is no limitation of the number of participants at the venue at the same time.

- QUARANTINE

Anyone who is tested positive for SARS-CoV-2 is to be quarantined at their accommodation. The quarantine period in Poland is 10 days.

Individuals may only leave quarantine when they are symptom free and after 10 days.

If a person is PCR negative but has been in close contact with a positive person, he/she will be quarantined and monitored for a period of 10 days.

After a 10-day quarantine, a second test will be performed.

A strict security system will be applied. If someone is tested positive and/or quarantined, the accreditation will be withdrawn.

Direct and related expenses related to quarantine and additional PCR tests are to be covered by the national teams. It is expected that the national teams will have adequate health insurance, which ensures coverage in Poland.

If any symptoms worsen, contact the OC COVID-19 Manager immediately!

## 5. ACCREDITATION & ACCESS TO THE EVENT

All event participants must be accredited. The name and surname of the participant's team will be clearly written on the accreditation card. A photo on the accreditation will not be required.

Each participant at the regatta will be required to complete a Pre-Event Health Questionnaire and Member Federations are obliged to sign a National Federation Consent Form accepting responsibility for their team members.

Forms will be sent to the member federations directly by the Organizing Committee and must be completed and returned to the Organizing Committee by e-mail to [kruszwica2021@wp.pl](mailto:kruszwica2021@wp.pl)

The form must be signed and returned 48 hours prior to arrival in Kruszwica.

In the case of officials, volunteers and employees, the form can be completed when entering the venue once the accreditation is picked up.

Individuals who fail to submit their forms on time or complete their forms completely, or whose responses from the forms are at a higher risk of being infected with Covid-19, will not be able to obtain an accreditation card.

To protect the health of all participants, anyone who fails to comply with the terms and conditions of participation will be immediately disqualified and excluded from the event according to the rules of World Rowing.

All participants must present an accreditation card with their name and surname at the venue entrance.

A negative PCR test not older than 72 hours must be presented at the registration. The negative PCR test must be available in English. The PCR test must be available in printed form, it will be collected and stored.

People who have been vaccinated or have already recovered from COVID-19 must submit the same negative PCR test result. All rules apply in the same way to every participant.

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 National 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.
  - Positive persons will be reported to national health service and quarantined.
  - Persons with negative rapid tests are not assumed to be contagious in the next few hours but will be subject to a PCR test to further exclude infection.

*Note: The OC will contract a specialized lab which can provide test results within 24 hours at the latest.*
- The OC Doctor after consultation with 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 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.

- All entrances will be equipped with signs indicating all the necessary information about the rules that must be followed (as described in individual regulations) and stations with hand sanitizers.
- Hand disinfection stations with gel or disinfectant solution will be distributed over the entire venue.
- Sanitizers must meet the requirements of approved products, as indicated in the report of the National Institute of Health "ISS COVID-19 No. 19/2020".

## 6. COMPETITION AREAS

### CONTROL COMMISSION:

All people and staff at Control Commission must wear masks that cover the mouth and nose. Everyone must maintain a distance of 1.5 meters. The bow numbers and GPS units will be disinfected after every use.

### PONTOONS:

The number of people at any given times on pontoons will be limited. The members of Control Commission and NTOs will manage the adherence of this rule. Only athletes and official workers will be able to access the pontoons. It will not be allowed to leave personal items on the pontoons. The athletes will have to wear their mask until they have left the pontoon.

### START AREA:

- Boat Holders

The boat holders enter the start bridge one after another in the order of their designated lanes,

beginning with the most distant lane. Leaving the start bridge will be done in the reverse order. Wearing a mouth/nose protection is mandatory for all boat holders.

- 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's hut

The Judge at the Start and the Aligner must adhere to the minimum distance regulations within the Aligner's Hut

#### TIMING SYSTEM:

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. He/she might remove the mouth/nose protection while following a race to enhance the communication and audibility.

#### ON THE WATER FOR RACING/TRAINING/WARM UP:

Same rules apply for competition and training days.

## 7. TEAM / ATHLETE FACILITIES & SERVICES

Separate one-way systems will be introduced in the sports zone and interconnected zones. When entering permanent and temporary structures, the maximum allowable capacity will be indicated. Where possible, the door will be kept open to avoid frequent contact with your hands and to allow for sufficient ventilation.

- Accreditation - Team registration - Information center

Only one person may enter the Center at a time, delegated by the Team, except for those who need to be accompanied. There will be a sign outside the Center, stating the maximum number of people allowed inside at the same time, depending on the size of the structure. Volunteers will monitor access and numbers. Plexiglass baffles will be placed to separate volunteers and operators from team delegates, and hand sanitizers will be available.

- Boat racks

Boat racks will be assigned by the OC in order to limit contact between athletes from different countries. Boat operation must be kept at a safe distance and using established one-way systems.

OC volunteers will monitor the area to ensure proper traffic avoiding gatherings.

- Bag drop

The bag drop will be in a separate structure and no one other than the baggage check-in staff will have access to it. It will be ventilated all day long. The volunteers at the Bag Drop must wear both a mouth/nose protection as well as rubber gloves. Dedicated waiting spots are marked to ensure adherence to minimum distance regulations. Disinfecting the hands with the hand sanitizers provided by the OC is mandatory when entering and leaving the area.

- Athlete weighing

Only one crew can be in the waiting area at a time. Crews waiting outside must keep social distancing while waiting to enter the athletes weighing area. Only one athlete can access the weighing room at a time.

The scales will be sanitized after each use. If an athlete undresses prior to weighing, all clothes and belongings must be kept in a plastic bag. The Organizing Committee may provide disposable plastic bags which the competitor must discard after use. Plastic shield will be installed between staff and athletes. Hand disinfection before entering. Allow for sufficient ventilation.

- Boat weighing

Only one crew will access the boat weighing area. Other crews waiting outside must keep social distancing while waiting to enter the boat weighing area.

- Showers / toilets / changing rooms

Hand sanitizer will be provided for use before and after using the toilet. Frequent disinfection will be carried out and an entry checklist will indicate the services performed. Showers will be closed and not available for use except in exceptional cases permitted by the OC Covid Manager for Teams going to the airport immediately after races.

The changing rooms will be available only to Competitors participating in the races. At the entrance, a sign will indicate the maximum number of people allowed to enter the facility according to the rules of safe distance. No clothing or personal items may be left in the changing room. Each athlete must store their clothes in a personal bag, which must be stored at the drop-off point or in the team tent and collected at the end of racing or training.

For hands and surfaces, dispensers with disinfectant gel and disinfectant will be available. Adequate ventilation will be provided. The changing rooms will be disinfected regularly and sanitized at the end of each day and an entry checklist will indicate the services performed.

- Warm up area and ergometers

Ergometers will be located in the tent for the exclusive use of athletes. They will be positioned 1.5 m apart to ensure a safe distance between athletes. Every athlete must disinfect the equipment before and after use. OC staff will be on site to ensure this is done or be responsible for

disinfecting the equipment.

As in other areas, frequent disinfection and sanitation will be performed and an entry checklist will indicate the services performed. Teams are allowed to bring their own ergometers, but only if used inside the corresponding Team tent, and the Team is responsible for the frequent decontamination of the equipment.

- Team tents and ice baths

The position of each team tent will be assigned based on the number of competitors in each team in order to guarantee a safe distance between the teams. Teams are responsible for their tents and must ensure proper disinfection on a daily basis.

Ice baths will not be provided for or permitted at the competition site.

- Team massage areas

The massage tables will be separated and dedicated space will be assigned. Athletes and operators must wear masks during treatment. At the end of each session, the team is responsible for decontaminating all equipment in use. As in other areas, frequent disinfection and sanitation will be performed and an entry checklist will indicate the services performed. The tables will be separated with partitions and dedicated space will be assigned where appropriate.

- Athletes rest area

The athletes rest area is located in an open tent with a removable side. Athletes must wear masks, use hand sanitizer, and keep a safe distance of at least 1.5 meters. After their stay, the competitors will be responsible for disinfecting mats and chairs. As in other areas, frequent disinfection and sanitation will be performed and an entry checklist will indicate the services performed.

- Athletes and Coaches Viewing Area - Grandstands

Everyone must wear a mask, use hand sanitizer regularly and keep a safe distance. There will be separate seating areas to keep a safe distance.

## 8. MEDIA AND BROADCAST

- Media center

The layout will be revised to ensure social distancing.  
Mask covering mouth and nose will be required to be worn at all times.

- Photographers and photo positions

Positions for Photographers will be marked with barrier fences to ensure a safe distance.



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 OC and/or World Rowing Communications Team.

- Mixed zone / media access to boat zone

The media is not allowed to enter the waiting area or the Victory Ceremony Area. Opportunities to interview and take pictures with athletes in the Boat House area may only be arranged by appointment coordinated by OC Covid Officer and the World Rowing Communications Team.

- Victory Ceremony protocols

The award ceremony will be held in a restricted area where only award-winning athletes will enter. Interpersonal distances of at least 1.5 meters must be respected. Medals will be awarded after each race and will be distributed without contact. The winning competitors will take the medal directly from the tray and put it around their necks themselves. No handshakes or hugs. The athletes photographed must be careful not to hug each other or have an attitude that is not respectful of distance and the safety of others. Photos can be taken by authorized and accredited persons in accordance with rules of distancing.

## **9. WORLD ROWING (INCLUDING ITOs)**

The duty roster is to be designed in a such way that the same persons are constantly deployed together.

The same general rules apply to all representatives of World Rowing and European Rowing, including all Jury members, service providers and any other operator associated with WR.

In addition, they must register and provide the necessary Covid-19 documentation and measure the temperature when entering the venue.

The workspaces will be organized according to the maximum number of people allowed based on the square meters of each workspace, and the layout cannot be changed. The maximum number will be indicated at the entrance to each building / room.

Commentator workstations in the Finish Tower and other commentator positions will be separated by plexiglass panels so that they can remove their masks while commenting.

## **10. SPECTATORS, VIPS & HOSPITALITY**

In accordance with the regulations in force, the event will be held without spectators.

The presence of Authorities, VIPs and Guests must comply with the general principles of limiting the spread of coronavirus infection.

The stands and reception areas will be organized taking into account all necessary precautions, in particular keeping a safe distance between people. Hospitality will only be arranged if maximum health and safety measures can be guaranteed.

Grandstand seats must be at least 1.5 m apart, masks must be worn.

## 11. ORGANISING COMMITTEE STAFF AND VOLUNTEERS

- The same general rules apply to all members of the Organizing Committee staff and Volunteers, and all will have to provide the necessary Pre-Event Health Questionnaire. They must always carry the accreditation card with them and strictly adhere to their assigned roles, areas of work and shifts. Unless you can prove exceptional reasons discussed with the OC Covid official, you are not allowed to change roles or areas of work.

## 12. LOGISTICS, MEETINGS AND SOCIAL ACTIVITIES

### HOTEL:

All teams must be accommodated in the official hotels of the Organizing Committee. For security reasons, accommodation will not be allowed outside of the official hotels. This will ensure that all participants follow the same protocols and procedures.

Wherever possible, the OC hotels will be for 2021 ERU23CH participants only to avoid contact with other hotel guests.

Athletes from the same crew should share the same room, avoiding sharing it with athletes from different crews.

The Organizing Committee will reserve additional hotel rooms in case someone needs isolation with a positive COVID test or symptoms of COVID.

Where possible, only one team will be accommodated per hotel.

Catering in the hotel will follow a strict hygienic protocol, with no self-service buffet options and equipment being sanitized after the use. Restaurant staff serving food must wear both a mouth/nose protection as well as rubber gloves.

### TRANSPORT:

It is compulsory to wear a mask covering the mouth and nose on transport buses.

Transportation to and from the airports and to and from the airport will follow the same rules and procedures and will be provided by the Organizing Committee.

Shuttle service will be pre-arranged and arranged by permanent groups, reducing group travel during training and racing days on site.

Teams that use the OC shuttle service must confirm their preferred transport times with the Organizing Committee. Teams must adapt to the departure and return of their choice. Alternatives will not be allowed.

The shuttle access will be checked by OC volunteers. Passenger numbers will be limited to ensure compliance with minimum distance regulations. Passengers are asked not to use the adjacent seat.

The Organizing Committee will organize individual transport with the same vehicle and driver for

each Team in order to minimize the interpersonal exchange.

In the case of Teams with a limited number of participants, collective transport will be provided - again with the same vehicle and driver for these Teams - in full compliance with national transport regulations and ensuring the separation of the Teams in the vehicle.

Teams that will bring their own buses / vans / cars to Kruszwica will receive appropriate parking cards for the event.

Teams that are able to organize their own transport are responsible for sanitation and social distancing themselves.

#### VENUE CATERING:

Athletes must maintain a distance of at least 2 meters during meals.

Avoid talking during meals in order to prevent the spreading from the SARS-CoV-2 virus among athletes.

Due to Covid restrictions, only 200 people are allowed to enter the restaurant at a time.

A one-way traffic will be used.

One entrance and two exits. There will be two separate dining rooms. OC will provide sufficient number of table and bench sets and distanced tables will be arranged.

There will be no self-service. Volunteers will serve the food. The volunteers must wear both a mouth/nose protection as well as rubber gloves.

#### TEAM MANAGER MEETINGS:

- Team Manager Meetings will be held virtually unless otherwise indicated at the event.

#### CEREMONIES AND SOCIAL FUNCTIONS:

- Opening and Closing Ceremonies are currently not foreseen to be held.
- No Nations Dinner will be held.
- No Media or Jury outing will be held.

### 13. REPORTING AND COMMUNICATIONS

#### BEFORE THE EVENT:

By using the Pre-event Health Questionnaire which shall be submitted via email be sent by e-mail by September 1, 2021 to the following address: [kruszwica2021@wp.pl](mailto:kruszwica2021@wp.pl)

#### DURING THE EVENT:

The OC COVID-19 manager will identify the site of the facility dedicated to isolating people showing symptoms related to Covid-19 and implement all procedures to ensure prompt health intervention. In the event of COVID-19 symptoms or temperature above 37.5 ° C, a protocol should be drawn up to be followed up.

AFTER THE EVENT:

14 days after the end of the competition, national teams will be required to complete an online questionnaire related to the event. Please inform OC and WR.

#### **14. ADDITIONAL INFORMATION OR MEASURES**

DOPING CONTROL PROCEDURES:

- Doping control procedures will be performed as planned, in accordance with all current general health measures, and will allow testing of one Athlete at a time. The waiting room will be large enough to ensure a safe interpersonal distance between competitors and to ensure privacy while waiting for the tests.

COVID-19 PCR TESTS:

- Additional PCR testing (e.g. for travel purposes) will be available upon request but must be announced by the COVID-19 National Team manager at least 24 hours in advance. The costs of PCR tests will be borne by the national teams.

ON-SITE TRAINING BEFORE THE OFFICIAL OPENING OF THE FACILITY

It is possible to arrive in Kruszwica and to use the venue facilities from 1 September 2021.