



ICF RECOMMENDATIONS FOR DELEGATION MEMBERS ATTENDING ICF COMPETITIONS

COVID-19

INTRODUCTION

The purpose of this document is to outline key recommendations for all delegation members attending an ICF competition in the context of the novel coronavirus (COVID-19) outbreak.

This document is produced based on [WHO¹ Interim guidance](#) for sport federations and event organisers when planning mass gatherings in the context of COVID-19.

The ICF strongly recommends that all delegation members attending an ICF competition this season follow and respect it.

Since the start of the pandemic the ICF is in close contact with all Host Organising Committees and Host National Federation to define a new delivery plan taking in account all measure recommended by the WHO and local authorities.

The Host Organising Committee and the ICF will communicate to all participating National Federations about this plan at least one month before the competition to be able to take in account the current situation.

The ICF, the Host National Federation and the HOC agree to work for the continuity of our sports and for our athletes with a clear target to deliver competitions respecting health and sanitary measures.

Useful links:

- Daily update to review the situation concerning your destination:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>
- IOC platform about Coronavirus updates for athletes:
<https://www.olympic.org/athlete365/coronavirus/>

¹ WHO – World Health Organisation

Recommendation to the event participants (athletes, volunteers, official, ITOs, food handler, etc.)

This information should be sent to each team before and communicated to the teams and athletes during the event:

1. Pre-event:

Anyone participating in the event (athlete, volunteer, official, food handler etc.) should proactively and regularly check their health status (including taking their temperature, and monitoring for any symptoms).

Anyone due to participate in the event who is feeling ill should not come to the venue and be advised on the designated contact online or by telephone

Team staff and volunteer leads should ensure that their teams and volunteers are briefed on the protocols for a suspect and confirmed patient, on infection prevention and control measures and on where to find more information.

2. During the event:

Participants should be aware of and cooperate with team medical staff or event organizing staff at venues in taking their own/or competitors' temperatures each day, any temperatures above 38°C to be reported to the event medical lead/chief medical officer. Follow the same approach as the management of ill travellers at points of entry (international airports, seaports, and ground, crossings) in the context of COVID-19.

Wash hands often with soap and water. Use an alcohol-based hand sanitizer if soap and water not available. Hand sanitizer stations should be available throughout the event venue, the accommodation, and on team buses.

Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Practise respiratory etiquette (maintain distance: at least 1 m), cover coughs and sneezes with disposable tissues or flexed elbow, wash hands). If coughing persists, isolate and seek medical advice.

Avoid contact with sick people, including avoiding close contact with those suffering from acute respiratory infections.
Avoid contact with anyone if you are ill.

Gloves should be worn by team and event staff handling towels or laundry in the team environment.

Towels should not be shared.

Athletes should not share clothing, bar soap or other personal items.

Recommended protocol for the use of water bottles:

- Good team hygiene includes ensuring all players, officials and staff have their own water bottles to prevent the transmission of viruses and bacteria.
- Bottles should be labelled and washed (with dishwasher soap) after each use.

Advise athletes to avoid touching their own mouths or nose.

Avoid shaking hands or hugging.

Avoid steam rooms or saunas.

Be aware of regular cleaning of frequently touched items (door handles, elevators, gym equipment, etc.)