

# Rules and regulations for organising the 54th Jizerská 50 – elite skiers during covid-19 pandemic

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## Basic data

<b>Organiser:</b>	<b>SKI KLUB Jizerská padesátka</b>
<b>Date of event:</b>	12th February 2021 – SPRINT 14th February 2021 – 50 km race
<b>Location of even:</b>	Bedřichov in Jizerské Mountains with the race course around Bedřichov, to Jizerka and back.
<b>Accommodation:</b>	individual
<b>Number of participants:</b>	500
<b>Persons Responsible:</b>	Martin Koucký – Head of the Organisation Committee Roman Kalous – Covid Manager MUDr. Dana Lábusová – Medical Committee
<b>Contractual lab:</b>	Centrum zdravotnického zabezpečení sportovní reprezentace, z.s.

## Preamble

The basic principle for the whole duration of Jizerská 50 (J50) event is to protect and be protected. The precondition is using protective gear (face masks, respirators etc.) and complying with all the recommendations in this protocol.

The aim for all participants must be to protect themselves and others using these rules:

- a) Keeping social distance – at least 2 metres anytime, and anywhere possible
- b) Using face masks – three-layered, or equivalent (without vents)
- c) Using disinfectants regularly from contactless dispensers
- d) Cleaning and disinfection of all places specified by the organizer
- e) Not using hygienic gloves (they increase a false feeling of safety). Unprotected hands are sanitised more often. It lowers the probability of touching the face.

## Extent of measures

The measures below will be observed by all participants of J50 from their arrival until their departure. The organisers will observe them during the preparation and cleaning of the spaces necessary for J50.

## Persons Responsible

### Event Covid Manager

- The person responsible for the implementation and observance of the measures and activities in this document.

- They inform the participating delegations about the local epidemic situation before the event.
- Through their team they arrange and check the sanitary measures in the area of the “Bubble”.
- They are in touch with the Regional Hygiene Station in Liberec.
- They are informed and organise the procedure in the case of infection of a J50 participant – they organise isolation and other measures etc.
- They provide face masks and disinfectant for the organiser.

#### **Covid team**

- Consists of informed persons, aged 18 and above, who arrange the activities set out in this document.

#### **Covid doctor**

- Specialist medical supervision of the event.

#### **Covid Manager of the team/club**

- Appointed by the team/club.
- They register their team/club.
- They inform their team/club about the anti-epidemic measures and rules. They inform their team about the contents of the Covid manual and inform them of all the specific measures during the event.
- They closely cooperate with the Event Covid Manager, the head of Medical Committee and organiser. They are obliged to follow their instructions.

#### **Material administration**

The organiser regularly provides all material necessary for observing the hygienic measures in all the official venues (disinfectants, thermometers etc). The prescribed face and protection is arranged by the skiers and persons accompanying them themselves.

#### **Requirements of J50 participants before the event**

- Skiers and accompanying persons must register with the organiser before arrival through the required form [here](#). by 4th February 2021 23:59 at the latest.

Obligatory registration data:

- Name and surname
- Function
- Home address
- Date and place of birth
- Passport or other travelling document number
- Address of accommodation
- Date of arrival and departure
- Contact data (e-mail and mobile phone number)
- A booking for a PCR test to be able to leave for abroad

J50 participants crossing the border of the Czech Republic MUST:

- Learn about requirements for the entry into the Czech Republic [here](#).
- Fill-in the required arrival form before crossing the border [here](#).
- Submit a negative antigen or PCR test (not older than 48 hours) passed before crossing the state border as follows:
  - For arrival before 8th February 2021: send an e-mail to [sekretariat@khs1bc.cz](mailto:sekretariat@khs1bc.cz)
  - For arrival between 8th and 14th February 2021: during accreditation
- Undergo a PCR test on arrival. Until the announcement of the PCR test result the tested are obliged to stay in self-isolation.
- The result of the PCR test will be announced the following day by 9 am in the specified format.
- For travellers with very a high risk of infection (traveller lights) there is this obligation: to supply a negative PCR test, fill-in the arrival form, stay 5 days in self-isolation, undergo a PCR test on the fifth day. If the result is negative, it is possible to leave self-isolation. At the same time there is the obligation to wear a respirator (FFP2 or higher) for ten days after arrival.

## Covid-19 Testing

All persons entering the area of the event will be tested using a rapid antigen test or a PCR test. Persons with a negative result are allowed to take part in and participate on the organisation of J50. If a person proves by a negative PCR or antigen test (certificate) not older than 48 hours, he will be allowed to enter the premises after his submission for registration, and after receiving an entry tape of the appropriate color.

**Testing place:** Parking lot behind hotel Jelínek: Bedřichov 1695, 46812 Bedřichov  
GPS: 50.7915900N, 15.1411769E; Map [here](#).

**Testing programme:**

### Thursday PCR Tests

10:00 am – 8:00 pm – PCR tests

### Friday 12th February 2021

8:00–11:00 am – antigen testing for organisers, the media

11:30 am–2:30 pm – antigen testing for Czech racers (valid for SPRINT and J50)

3:00–7:00 pm – PCR testing

### Saturday 13th February 2021

8:00 am–11:00 am – rapid antigen test for foreigners for J50

11:00 am–1:00 pm – organisers and referees

1:30 pm–5:00 pm – antigen tests for foreigners

5:00–6:00 pm – media

### Sunday 14th February 2021

6:00–10:00 am – media + racers and accompanying persons

12:00–5:00 pm – PCR tests

**Test results:**

*Rapid antigen test* - It is guaranteed within 30 minutes after testing. The result will be delivered to the tested person at a specified place.

*PCR test* – the result of the test will be known the following day after sampling. The result will be delivered to the tested person at a specified place or electronically.

**Reservation system:**

- Due to continuous testing, it is necessary to book the date. Book your date on [reg.jiz50.cz](http://reg.jiz50.cz) (active from 7th February 2021).

**System measures during the event – THE BUBBLE**

During the whole event the so-called “Bubble” system will be applied. It consists of the regulation of movement of people during J50 in the Event Area, so that the participants with a negative PCR test are separated from the outside world during the race.

**Location:**

**Event Area** – entry possible only under special conditions

**The course around Bedřichov** – delineated course outside of the Event Area

**Requirements to be met to be able to enter the “Event Area”**

- A negative rapid antigen test or PCR test result less than 48 hours after biological sampling by the organiser.
- Body temperature below 37.5 °C.
- Filled-in Declaration.
- Wearing face protection throughout the event (doesn't apply to racers, coaches and accompanying persons if keeping the safe distance of more than 2 metres from other persons).
- The “Event Area” is accessible only to persons who carry a colour band:
  - Friday 12th February 2021 **red colour**
  - Sunday 14th February 2021 **blue colour**
- Failing to observe these rules will be reported to the Covid Manager and sport director of J50 and can lead to being expelled from the race or from the “Event Area”.
- The area is fenced in and guarded by security persons.

## Processes and procedures for the Friday race – SPRINT (12th February 2021)

### Sequence of processes:

Registration for test – Testing – Test result announcement – Entry to the “Event Area”

### Date and time for registration and testing:

#### Thursday PCR Tests

10:00 am–8:00 pm – PCR tests

#### Friday 12th February 2021

8:00–11:00 am – rapid antigen tests for organisers and media

11:30 am–2:30 pm – rapid antigen testing for Czech (valid for SPRINT and J50)

#### Sunday 14th February 2021

12:00–5:00 pm – PCR tests

### 1. Registration for testing

- Place: Parking lot behind hotel Jelínek: Bedřichov 1695, 46812 Bedřichov, Liberec Region  
GPS: 50.7915900N, 15.1411769E; Map [here](#).
- The team Covid Manager registers the team at the organiser’s registration stall.
- During registration all participants must use face masks and use only their personal writing implements.
- There will be signs on the floor to observe a 2 metre social distance.
- In case there is an unregistered participant, the Covid Manager must fill in the Registration Form – see above.
- During the registration a participant will receive:
  - A Statutory Declaration to fill in and for entering the Event Area
  - A request form for testing

### 2. Testing

- Parking lot behind hotel Jelínek: Bedřichov 1695, 46812 Bedřichov, Liberec Region
- GPS: 50.7915900N, 15.1411769E; Map [here](#).
- Before the test, the tested person will submit
  - the Statutory Declaration form
  - the request form for testing

### 3. Test result

- The test result will be delivered to the tested person at – the time of testing + 30 minutes at a specified place, or in electronic form.
- In case of a negative test result, the participant will be marked with a cloth band which will enable them to enter the Event Area
- While waiting for the test results, those who have been tested must observe the 2 metre distance from others, must wear face mask and must not meet with other people

#### 4. Entering the “Event Area”

- The Event Area is open to participants who have been labelled with a cloth band of the relevant colour = negative test result (Friday – **red colour**, Sunday – **blue colour**) less than 48 hours after biological sampling by the organiser.
- At the entrance persons have their temperature measured using contactless thermometers (it must not exceed 37.5 °C). The measured temperature will be written in the Statutory Declaration form.
- The Statutory Declaration is valid if these boxes are filled:
  - Name and surname
  - Date and time of testing
  - Test result
  - Date and Signature

## Processes and procedures for the Sunday race – 50 KM (14<sup>th</sup> February 2021)

### Sequence of processes:

Registration for test – Testing – Test result announcement – Entry to the “Event Area”

### Dates and times for registration and testing:

#### Friday 12th February 2021

11:30–2:30 pm – rapid antigen tests for Czech racers (valid for SPRING and J50)

3:00–7:00 pm – PCR tests

#### Saturday 13th February 2021

8:00 am–11:00 am

11:00–1:00 pm – organisers and referees

1:30–5:00 pm – rapid antigen tests for foreigners

5:00–6:00 pm – media

#### Sunday 14th February 2021

6:00–10:00 am – media + racers and accompanying persons

12:00–5:00 pm – PCR tests

The processes and procedures are the same for the Friday race as well as for the 50km. Those who attended the Friday SPRINT race follow the rules for the access to the “Event Area”:

#### Access to the “Event Area” for the Sunday race participants

- The Event Area is open to participants who already have a **blue** cloth band = a negative test no older than 48 hours since biological sampling by the organiser.
- At the entrance persons have their temperature measured using contactless thermometers (it must not exceed 37.5 °C). The measured temperature will be written in the Statutory Declaration form.
- The Statutory Declaration is valid if these boxes are filled:
  - Name and surname
  - Date and time of testing
  - Test result
  - Date and Signature



## General Rules

### a) Rules for the “Event Area”

- Only liable persons (racers and accompanying persons, organisers, referees, media) who have a cloth band of the appropriate colour – a negative COVID-19 test - have access to the area.
- At every entrance and at busy places there will be contactless disinfectants (entrances, passages, toilets, mixzone et al.).
- All the disinfectant dispensers will be regularly checked and re-filled.
- Waste bins will be equipped with plastic bags.
- The participants must change their masks at least once per six hours. Masks for the organisers will be supplied by the organisers.
- Each toilet will be equipped with a soap dispenser, dispensable paper towels and toilet paper.
- Cloth towels will not be available.

### b) Rules for “Track around Bedřichov”

- The organiser will limit the movement of general public.

### c) Media, Television

- The racers and accompanying persons must keep a social distance of two metres when giving an interview or during other contact with the media.
- When observing the social distance of two metres the racer need not wear a mask during the interview.

### d) Organisers, volunteers and the rest of the organisation team

- They will be familiar with the persons responsible for health safety in connection to Covid-19.
- They will be familiar with the Covid Manual.
- They must observe the general rules for movement in the “Bubble” (masks, hand disinfection, social distancing of 2m, etc.).

### e) Event Medical Inspector

- Collaborates closely with the Covid Manager.
- Informs the individual teams about the medical matters related to J50.

### Rules and procedure in the case of a positive covid-19 test

- A person with a positive rapid antigen test must immediately undergo a PCR test.
- Without a negative PCR test this person is not allowed to enter the Event Area or the race track.
- The positive rapid antigen test finding will be reported to the Regional Hygiene Station in Liberec and further procedure will be consulted with it.
- A person with a positive rapid PCR test will be moved to isolated accommodation (hotel Pytloun FLAT, Svatoplukova 20, 460 00 Liberec) where they will remain in isolation until the appropriate official for the protection of public health decide about further procedure.

### Exceptions:

- The obligation to have a rapid antigen test does not apply to persons who have verifiably had covid-19, have no clinical symptoms of covid-19, have undergone isolation of the proper length according to the current measures of the Ministry of Health as a result of a positive RT-PCR test and it has not been more than 90 days since the first positive RT-PCR test.
- In the case that the presence of the SARS-CoV-2 virus has been detected by the RT-PCR method in a person and the result is positive and the person has verifiably had covid-19 and undergone isolation in the proper extent according to the current measures of the Ministry of Health because of a positive RT-PCR test, this person can attend the race only if it has not been more than 90 days since the first positive RT-PCR test.
- The above exceptions can be accepted only upon presenting a medical assessment.

### Links:

Jizerská 50 – <https://jiz50.cz/>  
Regional Hygiene Station in Liberec - <https://www.khslbc.cz/>  
Arrival Form from the Ministry of Health - <https://plf.uzis.cz/>  
Registration form for ELITE - <https://forms.gle/EvScP2SHcBUxxLcC9>  
Hotel Pytloun FLAT - <https://www.pytlounflathotel.cz/cs/>

### Contacts:

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