

SANITARY PROTOCOL for the EC 2021

Lillehammer 29.th October -14.th November 2021

This document is based on the current sanitary requirements provided by the Norwegian government and on the LOC and IBSF recommendations.

Country list that are part of the EU digital COVID certificate system that is approved by the Norway government:

https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans/eu-digital-covid-certificate_en

Travel information

You are exempt from travel quarantine if:

- You are fully vaccinated or have had COVID-19 during the preceding six months (counting from the day your positive test was sampled, and no longer in isolation); and
- You can document this **via a valid COVID-19 certificate**.

In such case, you do not need to provide documentation of a negative test for the coronavirus, nor do you need to fill in the travel registration form or take a test at the border.

If you come from a country outside the EU/EEA/Schengen that is not approved as part of the EU Digital COVID Certificate scheme, your COVID-19 certificate will not be accepted as documentation and you will have to follow the same process than non-vaccinated participants.

Rules upon entry into Norway for the athletes and supporting staff who are allowed to enter Norway but are not fully vaccinated or part of a country list Norway does not grant access without exemption:

<https://www.helsenorge.no/en/coronavirus/international-travels/#testing-upon-arrival>

Quarantine:

- Anyone who is not fully vaccinated or have had COVID-19 during the preceding six months period must as a rule of thumb stay in quarantine until the result of the PCR test, that you can take minimum 72 hours after arrival Norway.
- Violation of the quarantine duty is a criminal offence.

If you are in quarantine, you should:

- For the duration of your quarantine (until a negative PCR test), Persons in the entry quarantine must stay in their own home or other suitable place of residence where it is possible to avoid close contact with others, with private rooms, their own bathroom and their own kitchen or food service. This is from the law in Norway, so you HAVE to follow this. After negativ PCR test, you can stay in double room.
- You can take part of the training and competition in the competition venue.
- **Public transportation:** When you are in the quarantine you can use public transport from the airport to the hotel you are staying at in Øyer/Lillehammer. After you have arrived the hotel you are not allowed anymore to use public transportation during the quarantine period.
- **Not visit public places** such as shops, pharmacies and cafes.

Testing during quarantine

- Athletes and supporting staff can take the test (PCR-based) 72 hours after arrival and end their quarantine of the test result comes back negative. During that period each individual is responsible for conducting a rapid test themselves. More information her will come closer to the event.
- Summary of tests:
 - Arrival in Norway – rapid test at the airport
 - 2nd day in Norway – rapid test
 - 3rd day in Norway – rapid test
 - 72 hours after arriving to Norway – PCR test

Everybody must follow the IBSF Covid 19 guidelines.

Regulations on infection control measures etc. at the coronary eruption (covid-19 regulation), from the Norweigan law:

§ 5. Requirements for those who are to be in the entry quarantine

Persons in the entry quarantine must stay in their own home or other suitable place of residence where it is possible to avoid close contact with others, with private rooms, their own bathroom and their own kitchen or food service.

It is not allowed to use public transport.

Persons in entry quarantine can still use public transport from the airport, port or similar point of arrival to the quarantine site. Those who leave Norway during the quarantine period can use public transport during the departure. Those over the age of 12 should wear a face mask.

People who develop an acute respiratory infection, with fever, cough or heavy breathing during the quarantine period, should contact the health and care service to be tested. The quarantine period can be terminated by a negative test when the conditions in § 4c are met.

§ 6. Exceptions from the entry quarantine for business travelers when testing in connection with international sports competitions or film and series productions, etc.

The following persons are exempt from entry quarantine during working hours from the time they

have tested negative for SARS-CoV-2 with antigen rapid testing on the same day as the work is to be performed:

b. foreign top athletes and necessary support staff on entry in connection with qualification for or participation in international top sports events under the auspices of or in collaboration with international sports organizations in the period 28 August to 30 November 2021, as mentioned in Annex E.

Those who make use of the exception must take an antigen rapid test daily until the entry quarantine has ended.

It is the top priority of the Organizing Committee and IBSF to keep everyone safe and healthy, therefore Organizers will be in close contact with the local authorities and comply with all the rules and regulations and ask everyone for a full cooperation.

We are very grateful for any suggestions or different opinions, which would contribute to the safety of the participants' health and the success of the Europa Cup.

Every team leader must check the actual governmental restrictions and situation upon entry to Norway and returning home.

<https://www.udi.no/en/important-messages/infection-control-when-entering-norway/>

In case of any question do not hesitate to contact the Norwegian Luge, Bob and Skeleton Federation.

This document may be adjusted from time to time, subject to the evolution of the pandemic.

What can be done to lower your risk of becoming infected with COVID-19?

1. Avoid close contact with people who have or appear to have an Acute Respiratory Illness.
2. If you are experiencing symptoms of an upper respiratory infection, practice “cough etiquette” (i.e. maintain distance from others, cover coughs and sneezes with a hand, flexed elbow or disposable tissue). Request others in your company to do the same.
3. Wash your hands frequently with either an alcohol-based gel or soap and water, especially after direct contact with ill people or their environment.
4. Wear disposable nonsterile gloves when touching potentially infectious materials.
5. The use of face masks.
6. Patients, who experience upper respiratory symptoms, and then they develop any kind of respiratory difficulty (i.e., shortness of breath, chest pain etc.) are strongly advised to seek immediate, or very prompt, medical evaluation and treatment.



Information concerning the spectators:

All the spectators are not part of the exemption list.

For knowing your right and rules concerning the entry to Kingdom of Norway please see the information brought out in the following webpage:

<https://www.helsenorge.no/en/coronavirus/international-travels/#who-can-travel-to-norway>

Lillehammer 4th. October 2021 The Organizing Committee.