If you have any question about the rules or need some help ask the Chief Medical Officer, the FINA COVID-19 Officer or OC Medical Officer:

covid-tests@natacio.cat
#Generalities
- If symptoms, stay home
- Always wear a mask
- Keep 1.5m distance
- Wash your hands frequently

Avoid shaking hands
Avoid kisses
No showers at the venue are allowed

#Venue
Training sessions from 7th June, 9AM.
Delegations must follow strictly all training schedules. After training maximum 15 minutes to leave the venue.
Only 2 coaches at Field of Play per training session.

#Competition
Each delegation will have a designated space in the stands.
Swimmers only can leave their mask in the Last call room.
After performance OC will provide to the swimmers a disposable mask.
The medal ceremony will be held after each session with keeping the general measures, mask wearing obligations and physical distancing.

#Sanctions
If a person or the team/delegation breaks the rules of the Bubble, like leaving the Bubble: the entire team will be excluded.

#Quarantine
If quarantined person have mild symptoms, they will be isolated in their rooms and can't leave that until the OCMO does allow it.
Nobody can enter in the quarantined persons' room.
ONLY medical staff can enter in a quarantined room in the appropriate personal protective equipment (coverall, goggles, face shield, FFP mask).
All necessary requirements, meal, medicines etc. for the quarantined person will be left front of their room door by the OCMO or hotel service.

#Testing
- 2 PCR before travel
- Send to: covid-tests@natico.cat
- 1 PCR at arrival
- Quarantine until results
- 1 Ag test on 3rd day
- 1 Ag test on 6th day
- Come back PCR, if required
Informed OC no less than 72 hours

#Flights
Wear your mask properly and keep the general measures while travelling international and locally.

#Hotel
All delegations will be accommodated at Hotel Tryp Apollo into Bubble concept.
Catering will be served by staff.
No one can leave the Bubble.

#Transfers
Disinfect your hands before you get on the bus.
Enter to the bus only with your accreditation card.
Bus drivers will disinfect the bus after every tryp.

#Extra Costs
Following expenses will be covered by each NF,
- Come back PCR tests,
- Quarantine's costs,
- Medical cares as hospitalisation.

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