HEALTH PLAN
Sanitary Guidelines
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**Introduction.**

The aim of this Health Plan is to ensure that all steps are taken to mitigate the risk of infection for those involved in competition, understanding the risk cannot be eliminated. All stakeholders participate in competition at their own risk.

The National Federation or any other stakeholders must fully follow this Health Plan approved by local Public Health Authorities and FINA COVID-19 Task Force. With entering to the event, the National federations and all stakeholders acknowledge and accept the possible risk of being infecting and they accept and follow all regulations written below. The National Federations and all stakeholders who entered to the Event cannot raise any legal claim if one is infected with the COVID-19 virus.

Any person failing to comply with Competition safety measures such as physical distancing and the wearing of masks (where indicated) will be removed from the competition venue and the event.

**Event outline:**

<table>
<thead>
<tr>
<th>Dates:</th>
<th>Official training, from June 7 (Mon) to 9 (Wed)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Competition, from June 10 (Thu) to 13 (Sun)</td>
</tr>
<tr>
<td>Competition Venue</td>
<td>Piscina Sant Jordi, carrer Paris, 114, 08029 Barcelona</td>
</tr>
<tr>
<td>Official Hotel</td>
<td>Hotel Tryp Apolo, avda Paral·lel, 57, 08004 Barcelona</td>
</tr>
<tr>
<td>Participating countries</td>
<td>41</td>
</tr>
<tr>
<td><strong>Participants (update 30/04/2021)</strong></td>
<td></td>
</tr>
<tr>
<td>Athletes</td>
<td>226</td>
</tr>
<tr>
<td>Team Officials</td>
<td>140</td>
</tr>
<tr>
<td>Judges</td>
<td>30</td>
</tr>
<tr>
<td>FINA ITO</td>
<td>15</td>
</tr>
<tr>
<td>OC Staff</td>
<td>50</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>461</strong></td>
</tr>
</tbody>
</table>

**Responsibilities.**

To carry out the development of the Health Plan of the competition, three medical functions will be defined to control and coordinate the proper development of the event: Organising Committee Medical Officer (OCMO).

**Organising Committee Medical Officer (OCMO).**

The OC will appoint an OC Medical Officer who will ensure that the Health Plan and the local sanitary protocols will be implemented during the total stay of all participants at the event.

The OCMO will be the liaison with the Team Medical Coordinator of each delegation, the FINA Covid delegate and the FINA Medical and Doping Control Delegate.
The OC Medical Officer will be:

Dr. Mr. Ignacio Funes.
Email: covid-tests@natacio.cat

FINA Medical and Doping Control Delegate (FINA MD) and FINA COVID-19 Delegate (FINA CD).

To ensure and certify the good development of the Health Plan, FINA will appoint a FINA Medical and Doping Control Delegate, that meet daily with the OCMO during the event to update the status of all athletes and officials and check on the progress and management of any active cases. A current Update should be circulated daily to all team delegations and officials.

The FINA MD will be:
Dr. Mr. Moradi.

The FINA CD delegate will be:
Dr. Mr. Andy Hoepelman.

Team Medical Coordinator (TMC).

All teams/delegations should appoint an English-speaking Team Medical Coordinator who will be responsible for ensuring all mitigation measures are followed by the athletes and officials of the delegations.

The TMC shall keep a Logbook of COVID-19 tests and vaccination (please refer to the FINA Template) and present it to the FINA Medical Delegate.

The TMC should work in close cooperation with the team’s medical officer or advisors to daily monitor the health conditions of each delegation members and report it to the OC Medical Officer and FINA Medical and Doping Control Delegates. The TMC should be knowledgeable in the symptoms and transmission of SARS-CoV-2 as well as the relevant laws and preventive measures for diseases transmission. The TMC must be the part of the Delegation.

Medical Principles.

General Rules to be strictly followed by all participants.

Hygiene Measures

Every accredited person must follow basic principles shown below. These are valid for travel to competition, at the hotel, and at the training/competition venue.
Wash your hands thoroughly

Cough and sneeze into a tissue or the crook of your arm

Always wear a mask

Avoid shaking hands, hugging, kissing

Stay at home if you have symptoms

Always try to keep your 1.5m distance

Masks / Face-Nose Protection

Every accredited person MUST always wear a mask / mouth-face nose protection in official event locations including:

- Main Venue
- On official transportation
- At official hotel except when eating.

When not worn the mask must be kept in a separate container/bag (e.g. sandwich “Ziploc” bag) to prevent contamination. Disposable masks must be regularly changed, and multi-use masks washed after regular use.

The Organizing Committee will provide a disposable mask (free of charge) to each accredited athlete after each competition performance.

Physical Distancing

The physical distance of 1.5 meter minimum must be always respected (except when training and during competition).

Sanitary / Disinfection Team

The OC, under the supervision of the OCMO, will establish a team that will implement a cleaning and disinfection plan. This team will report to the OCMO via a daily briefing session.
The cleaning plan must include the following areas:

- “High touch” areas (to be cleaned frequently throughout the day)
- General-use facility areas (cleaned twice a day).
- Individual working or sitting areas (cleaned before and after each individual use).

**International travel procedures.**

All travelling participants must ensure strict compliance with all local guidance and regulations while travelling, to mitigate the risk of contracting the virus.

Athletes and everyone in the delegation, as well as FINA officials, must take two negative PCR-tests, one of the not older than 96 hrs and the other one not older than 48h, and bring the original to the event.

All costs related to this tests are to be borne by the participant and/or their National Federation.

A report of the negative results of all participants in the delegation will be sent to:

**Dr. Mr. Ignacio Funes.**

Email: [covid-tests@natacio.cat](mailto:covid-tests@natacio.cat)

**Pre-competition procedures.**

**Arrival tests.**

Upon arrival the delegations are brought to the test centre at the hotel and everyone belonging to the delegation is retested by PCR. All costs related to these tests are borne by the OC. Results reporting will be provided within 6-7 hours.

After the PCR the participants can check in and must wait in their rooms where they will wait for the result.

Procedure with the PCR test result:

**If Negative**, they receive their accreditation and are ready to train and compete.

**If the test is positive** this person will go into quarantine and OCMO, FINA MD and FINA CD will decide how to proceed following the Spanish government’s policy.

Local Officials, Volunteers and OC Staff will undergo the same medical screening and accreditation procedure as teams, Officials and Media.
Team Delegation and the Bubble

The Bubble is defined as the event venue and the hotel of Participants. The team delegations are not in quarantine during the Competition/Tournament. However, they must always remain within the Bubble during the event, except if they are granted permission by the OCMO to leave the bubble temporarily to meet needs of first necessity. When possible, a volunteer from the OC will be able to carry out the necessary task.

It is also strictly prohibited for any Participant to let someone else inside the Bubble (e.g., friends, family).

Athletes who have recovered from COVID-19 prior to the Competition.

It is recognized that those recovered from COVID-19 may still be at risk of returning a positive PCR test, despite no contagion risk or symptoms.

To be permitted to take part in subsequent competition any athlete who has recovered from COVID-19 must submit medical documentation to FINA at least one week before the travelling to the competition, which confirms full recovery from COVID-19. This information will be reviewed confidentially by a delegation of at least two appointed FINA physicians who will decide if the Athlete can participate or not and recommend appropriate steps to be followed. The documentation must include:

- the date of initial diagnosis (the date of first symptoms should be at least 7 days before the competition with at least one day without any symptoms),
- relevant medical history in English,
- and the results of at least 1 negative COVID-19 test (PCR or antigen) in accordance with the health care regulations of the respective country reported within 14 days of the commencement of the intended competition.

Upon arrival of the competition the procedure will be as described in point Arrival tests.

Official transportation.

At the Airport:

All Team Delegations must comply with any SARS-CoV-2-RNA testing that may be required at the airport by relevant local authorities and/or in the hotel by the OC.

Local transportation:

Buses will be thoroughly cleaned prior to collecting team delegations and officials. Driving area will be isolated from the rest of the bus and driver will be equipped with appropriate protection.
Every person must wear a mask and use the hand sanitizers provided at the bus entrance/exit.

**Accommodation.**

Official hotel is exclusive for visiting team delegations and FINA staff & Officials.
Hand sanitizers will be provided in each floor and common spaces.
Rooms will be ventilated and cleaned daily in accordance with anti-COVID-19 cleaning protocols.
Check-in procedures will be done after PCR-test and antigen test.

**Dining Area / Restaurant:**
The teams will have access to the restaurant by a pre-planned Schedule according to their training and competition.
There will be no self-service buffet meals. The hotel staff will serve the meals.
Face masks should be worn at all times except when having the meal.
Time spent in the dining room should be kept to a minimum.
Delegations should only use the toilets in their room and when flushing, ensure that the toilet cover is closed.

Please note: No delegation member should leave the hotel unless previously arranged with the OCMO and TMC and only under circumstances that do not involve contact with anyone outside their group.
Sightseeing will not be permitted from 6th to 14th June 2021.
The OC will ensure the availability of rooms for an urgent isolation requirement.

**Accreditation.**

Every person prior to receiving accreditation MUST proceed through a Medical Checkpoint. The OC will arrange a separate seated waiting area prior to the Accreditation Room for the Medical Checkpoint.
Accreditation will be issued only to those persons who have completed the health questionnaire and the COVID-19 Free Self-declaration, at the time of accreditation have NO signs or symptoms of COVID-19 infection and have complied with the requirements set out at Section Pre-competition testing.
### Competition procedures.

Testing during the competition.

**Testing:**

<table>
<thead>
<tr>
<th>Applicable persons</th>
<th>Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Athletes/Staff from abroad</td>
<td>Confirm 2 negative tests results within 96-48 hours prior to arrival.</td>
</tr>
<tr>
<td>2 FINA Staff and Officials</td>
<td>Hotel quarantine measures upon arrival.</td>
</tr>
<tr>
<td>3 OC Staff &amp; Volunteers</td>
<td>Confirm 2 negative tests result within 96-48 hours prior to entering the venue.</td>
</tr>
<tr>
<td>4 Media</td>
<td>Confirm 2 negative tests result within 96-48 hours prior to arriving the venue.</td>
</tr>
<tr>
<td>5 External Media</td>
<td>Confirm negative antigen test result prior to entering the venue.</td>
</tr>
</tbody>
</table>

If a virus test taken as part of hotel quarantine measures shows a positive result, we will follow the Spanish government's policy.

For all people on the “Bubble” one Antigen test will be done every 3 days.

**Testing timing within the Bubble covered by the OC:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Arrivals</th>
<th>Training Days</th>
<th>Competition Days</th>
<th>Dept</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 6</td>
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<tr>
<td>May 7</td>
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<td>May 8</td>
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<td>May 9</td>
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<td>May 10</td>
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<td>May 11</td>
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<td>May 12</td>
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<tr>
<td>May 13</td>
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<tr>
<td>May 14</td>
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</tr>
</tbody>
</table>

If you arrive on:

- 6 May: PCR
- 7 May: PCR
- 8 May: PCR
- 9 May: Ag
- 10 May: Ag
- 11 May: Ag
- 12 May: Ag
- 13 May: Ag
- 14 May: Ag

*Ag= Antigen test.

All stakeholders (OC staff, volunteers, media, etc) that are not in the Bubble Hotel will be required two negative PCR result 96-48h before their start at the event and antigen Test every day to enter the venue.

Everybody on their first day at the venue will need to present two negative tests.

Please note: if needed a PCR test before departure, you must require to the OC 48 hours before the testing date, and this should be covered by each respective federation.
Management of positive tests during competition

If a test is recorded as positive, it must immediately be reported to the OCMO, who shall inform the FINA Medical and Doping Control Delegate. All close contacts of this person must be placed in isolation and investigated by local health authorities.

OCMO together with local health Authorities will do a formal contact tracing.

Costs of isolation and any tests after having a positive Antigen Test upon arrival and/or in the middle of the Event of any member of the delegations should be covered by the respective federation. We recommend to all delegations to have a COVID-19 travelling insurance policy.

Development of symptoms during the competition

Signs and symptoms that may indicate COVID-19 infection include high fever, dry cough, fatigue, breathlessness, headache, diarrhea or loss of sense of taste and/or smell. Any participant at the competition who develops one or more of these symptoms must immediately quarantine herself/himself at their hotel and contact the OCMO. Until cleared by the OCMO, a symptomatic individual must remain isolated from the delegation and not attend the venue. Any decision regarding contact tracing will be made by the OCMO and confirmed with the FINA Medical and Anti-doping Delegate for the competition.

In this situation, a negative test (antigen or PCR also depending on the local regulations) will be mandatory before the participant is released from isolation by the OCMO in collaboration with the FINA Medical and Doping Control Delegate.

The following scenario will guide all decisions regarding a suspected COVID-19-positive case during the event.

- If a member of any delegation returns a positive test, it is the responsibility of the OCMO to notify the local public health authority.
- The FINA Medical and Anti-doping Delegate for the event will then be notified,
- The infected person will be isolated.
- Contact tracing will immediately commence.
- All contacts will be isolated and tested as soon as possible.
- In the case of a positive result in an individual without any or with mild symptoms, they will be quarantined in their hotel room (or otherwise as indicated by the local authorities) with all meals delivered and their condition monitored.
- In the case of a positive test with accompanying severe symptoms, the individual should be admitted to hospital care under the direction of the OCMO.
- From this point the management protocol of the hospital medical staff will be respected.
- Hospital discharge will be at the discretion of the attending medical staff who will inform the OCMO.
• Any decision for return to the Competition will be made by the OCMO after consultation with the FINA Medical and Anti-doping Delegate, the athlete, and the delegation official Manager.

Venue Operations.

Arrival to the venue.

A fixed time of arrival to the venue will be scheduled to prevent crowding of athletes at the entrance. The OC will provide individual temperature checks at the entry point using non-contact thermometers as a screen for all accredited personnel.

Where and accredited person is found to have an elevated temperature (above 37.2°C), provision must be made for a completion of an on-line symptom screening. Qualified personnel will be on hand to interpret individual results and determine whether the individual is permitted to entry into the venue.

Accreditations have a QR code that need to be shown upon arrival and departure from the facility. Departures on last session of each day don’t need to wait for deactivation of QR code.

Venue map.

Zoning:

Considering facilities of Piscina Sant Jordi, in order to reduce the interaction between the different participants during the competition we divide the venue 5 zones (see map hereafter):

• RED: Field of play and team’s stand.
• ORANGE: TV Production/ Camera positions and OC Offices.
• GREEN: Media positions and Mixed zone (specific zone for media)
• BLUE: Authorities stand.

Media zones and Authorities zones will be clearly separate with specific venue access, completely separated from “Bubble” people.
Flow chart:

Pre-competition:

Post-competition:
Changing rooms:
Each team will have a designated space called “Box” in each session and will be written in the training schedules. No one can enter another nation's box at any time.

Athletes are not allowed to shower at the venue but return to their hotel as quickly as possible.

For competition days:
Athletes must prepare their hair and make-up already in the hotel. A mirror will be placed in the pre-last call room for final check.

Training Schedule:
A block of time will be allocated for each team. Each team must respect the designated training times and leave the training pool within a time frame.

Preparation areas:
If a delegation has a massage table, it must be used only by their athletes. It must be cleaned after each massage.

Field of play (FOP)
The field of play is the whole area surrounding the swimming pools. Only coaches, athletes, FINA Officials and OC staff can stay in this area.

Everyone must always use facial masks while in the facility.

Call room:
Three different areas will be set for the teams before performing:

- Pre-last call room (start nº 3)
- First last call room (start nº 2)
- Last call room (start nº 1).

Athletes:
Each federation will be responsible for their team’s own supplies, including bringing and maintaining their personal swim bags, yoga mats, etc. Athletes must use personal water bottles. Water bottles must not be shared.

Each athlete is responsible of her/his material and shall not share with other teammates or other athletes.
Athletes are also required to wear masks in the venue. Once arriving to the Edge of the pool for training/last call room, the athlete can then remove the mask, place it in a separate container/bag (e.g. sandwich “Ziploc” bag), and keep it isolated with their coaches masks bag.

It’s in last call room where athletes are allowed to remove their masks.

**Coaches:**

Coaches will be in charge of keeping the Ziploc bags with the athletes masks during trainings and competition. As soon as training is finished, coaches shall give back the mask to their athletes.

When competition performance will be finished by each team, the OC will provide immediately to the swimmers a disposable mask.

Judge’s seats cannot be used by coaches during training.

**Judge’s consideration:**

Judges can’t use the changing rooms on the venue. They must bring the official uniform from the hotel.

Judges will be seated maintaining physical distance of 1.5m between each judge. Hand sanitizers will be provided in judge’s tables. iPads and any other electronic devices will have frequent cleaning.

Judges will start the events in their seats.

Judge’s hospitality/meeting area will be outdoor and will be provided with chairs with a physical distance of at least 1.5m.

Assistant referees will use an electronic whistle that avoids having to blow and remove the mask.

**Team Leaders:**

Trying to avoid paper distribution, Team Leaders will receive all start lists, results and any other communications through WhatsApp. They will also be able to find it in https://rfen.es/es/section/artistic-swimming-ogqt-sf. Online Changes/Withdrawals sheets will be used and shall be send to the chief recorder.

The Chief Recorder will be:

**Ms. Tatyana Galkova.**

Team leader’s meeting will be held virtually.
Awards Ceremony Protocol,
Award ceremonies shall respect the physical distancing of 1.5 meters.
Athletes must wear a mask.
No hand shaking or hugs are permitted between any ceremony Participants (e.g. medallists, award presenters)
Medals will be presented on a plate by the FINA Representative or another delegate. The athlete must put the medal around his/her neck by himself/herself.

Doping Control Station:
The doping control procedures will be defined by the FINA DCRB in compliance with WADA COVID-19 Guidelines. WADA has updated its COVID-19 testing guidance for Anti-Doping Organizations, outlining anti-doping procedures (testing) during COVID-19. It can be found on WADA’s website.

Stands:
This competition will be held without audience.
Each delegation will have a designated space in the stands during the whole event.
Here is where the support team must stay during training and competition, while athletes and coaches (3 when training with music time and 2 coaches for all the rest of the training).

Spectators admittance.
Competition will be done behind closed doors, hence no general public may be admitted to the venue.
Only officials, people with a working function and accredited media/journalists will be allowed to access the venue.
The maximum attendance of people (teams, officials, broadcast, media and working staff) permitted to be on the venue premises at one time may be limited depending on local sanitary authorities and theirs protocols during the dates of the event.
Broadcasters, Media and Technical Suppliers.

Media stands, Photo positions and Mixed Zone.

Media accreditation shall be prepared in advance.

- The media representatives must complete the same health screening process as other accredited groups in the bubble.
- External Media representatives should confirm a negative antigen test result prior to entering the venue.
- Masks/mouth-nose face protection must always be worn in the Media stands, Photo Positions and Mixed Zone.
- Accredited media representatives must be limited in numbers, considering physical distancing and the available space.
- The Media stands must be prepared with at least 1.5 meters between the seats and neighbouring rows of seats.

Press Conference will be organized following strict Covid-19 rules measures and following FINA guidelines.

The OC Media Manager will be:
Ms. Carlota Bestit.
E-mail: comunicacio@natacio.cat

After event survey.

FINA should submit a post-competition survey to all Participants to determine their health status following the competition.

It will remain the responsibility of the OC to implement a similar post-competition survey for OC staff if recommended by the local health regulations.

The OCMO will be welcome to answer all possible questions regarding this Health Plan.