

Covid-19 Bulletin

Training camps

24-03-2021

Present



- Jan Picek, Event Director
- Jana Kubátová, Secretary General, Covid-19 Administrative
- Jiří Funda, Event Doctor
- Radek Novotný, Trainings
- Jan Fiala, Event Controller

Contact information

- **Covid-19**

Confirmation, PCR tests, valid measures, etc.

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- **Training Camps**

Maps, Training Possibilities, etc.

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General information 1/2

- All participants must act in compliance with the official [IOF Bulletin Covid-19](#). We ask everyone for personal responsibility and loyalty.
- All national rules and anti-Covid precautions currently in force in the Czech Republic must be followed all the time. An overview can be found [here](#).
- Personal responsibility is the core issue. By the Violation of the currently valid rules of the Czech Republic, the administrative authorities will decide according the czech law.

General information 2/2

- Isolation, quarantine, medical and testing costs are the responsibility of an individual/a team. We recommend considering an individual or a team insurance.
- Important changes and the essential information for coming and staying in the Czech Republic are published on our webpage <https://woc2021.cz/covid-19/>.
- TC-Bulletin will be updated continuously - always check the latest version.

Current situation

- Currently, there is a state of emergency in force in the Czech Republic. The lockdown stays in force till 28.03. But its prolongation is highly probable.
- Effective measures:
 - Only shops carrying essential goods are open (e.g., grocery stores, pharmacies,...),
 - Accommodation is limited; restaurants are closed (takeout window service only)
 - Spas, swimming pools, saunas, etc. are closed.
 - Free movement between regions is limited → **expect police controls!**
 - Face masks (respirators) are to be worn also in cars.

Face masks

- Generally, FFP2/KN95/N95 respirators or face masks (94% efficiency or more) are obligatory to be worn indoors; ordinary surgical masks have to be worn outdoors.
- An obligation to wear a respirator outdoors for 14 days applies for orange/red/dark red countries.
- Exception: sport, mealtime, nature (keep distancing).



Entering CZE

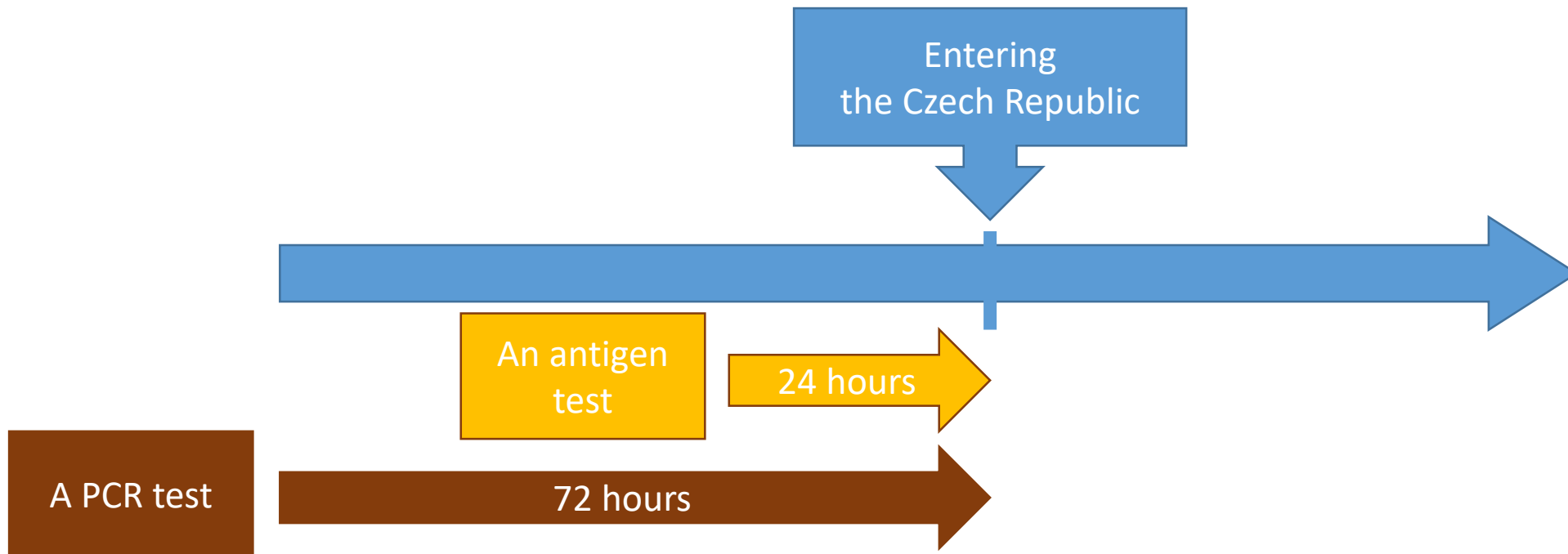
- Decisive is the list of countries according to the level of risk - [here](#)
 - Orange/Red/Dark red countries - have to fill in an online [Public health passenger locator form](#).
 - Non-EU countries – have to ask for an official confirmation issued by the National Agency of Sport of the Czech Republic (covid@woc2021.cz).
- All tests necessary for entering the country should be sent to covid@woc2021.cz and will be forwarded to local authority afterwards.

Entering CZE - overview

	PUBLIC HEALTH PASSENGER LOCATOR FORM	TEST BEFORE THE DEPARTURE TO CZECHIA	TEST AFTER THE ARRIVAL TO CZECHIA	LIMITATION OF THE FREE MOVEMENT/ SELF-ISOLATION	MOUTH AND NOSE PROTECTION
GREEN COUNTRY	NO	NO	NO	ACCORDING TO THE PES ¹	ACCORDING TO THE PES ¹
ORANGE COUNTRY	YES	ANTIGEN (max 24 hours) or PCR (max 72 hours before the departure)	NO	ACCORDING TO THE PES ¹ (employees and students have to submit a negative test result before entering the workplace or school)	ACCORDING TO THE PES ¹ + 10 days after the arrival obligation to wear a respirator FFP2 or a surgical mask outside
RED COUNTRY	YES	ANTIGEN (max 24 hours) or PCR (max 72 hours before the departure)	PCR (within 5 days after the arrival)	SELF-ISOLATION UNTIL THE SUBMISSION OF THE NEGATIVE TEST RESULT (employees and students have to submit a negative test result before entering the workplace or school)	ACCORDING TO THE PES ¹ + 10 days after the arrival obligation to wear a respirator FFP2 or a surgical mask outside
DARK RED COUNTRY	YES	PCR (max 72 hours before the departure)	PCR (no sooner than 5th day after the arrival)	SELF-ISOLATION UNTIL THE SUBMISSION OF THE NEGATIVE TEST RESULT (no sooner than 5 days after the arrival) (employees and students have to submit a negative test result before entering the workplace or school)	ACCORDING TO THE PES ¹ + 10 days after the arrival obligation to wear a respirator FFP2 (strongly recommended) or a surgical mask outside

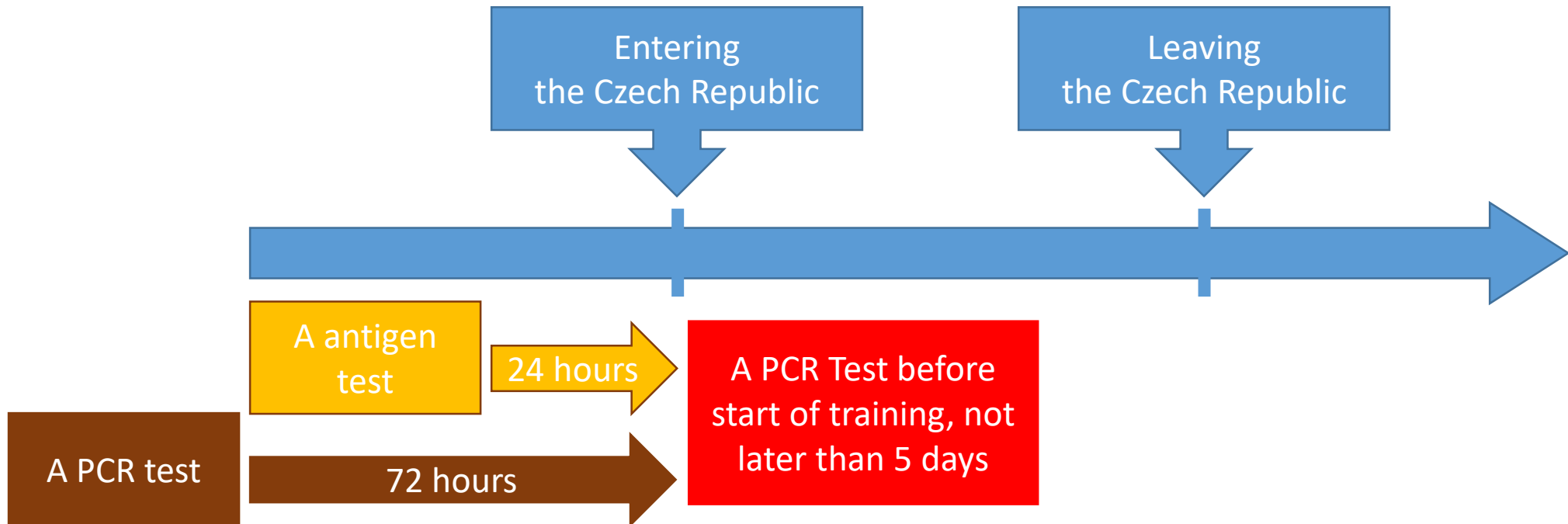
Entering CZE/ Orange

- Entering the Czech Republic: A PCR test performed not earlier than 72 hours or an antigen test not older than 24 hours
- An obligation to wear a respirator outdoors applies for 14 days.



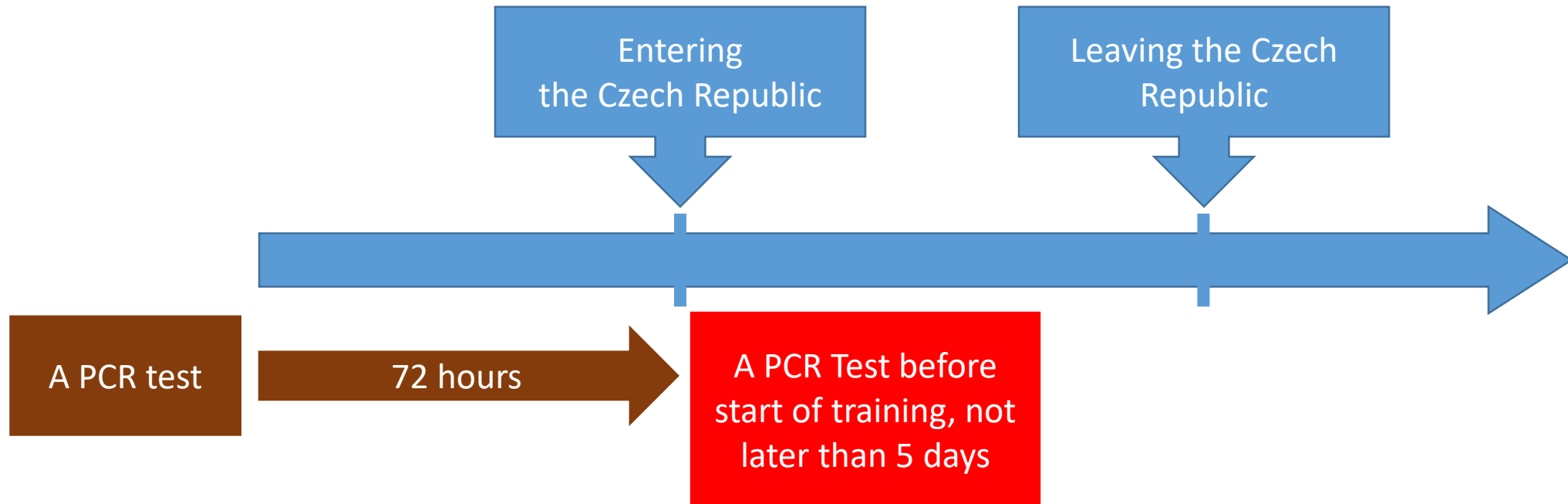
Entering CZE/ Red

- Entering the Czech Republic: A PCR test performed not earlier than 72 hours or an antigen test not older than 24 hours
- A PCR test before start of Training activity/Event is obligatory.
- An obligation to wear a respirator outdoors applies for 14 days.



Entering CZE/ Dark red

- Entering the Czech Republic: A PCR test performed not earlier than 72 hours
- A PCR test before start of a Training activity/Event is obligatory.
- An obligation to wear a respirator outdoors applies for 14 days.



Entering CZE

- **All tests undergone when entering the Czech Republic or after arrival in the Czech Republic** have to be sent in a form of a certificate (in english) to covid@woc2021.cz. All results will be immediately forwarded to a local authority - KHS Liberec
- If possible for whole team together.

Testing in CZE

- We offer a testing by a private company ESM Liberec:
 - Single PCR test: 1810 CZK / 70 EUR + travel costs.
 - The costs will be added to an overall invoice after the Training Camp.
 - Book of an appointment **at least 3 days in advance** (covid@woc2021.cz)
- **Voluntary! Feel free to organize testing on your own, if preferred.**

Others

- Weak positives – Bulletin 4.3
- Positive test - 4.2
- Feeling sick – 2.5
- Vaccination – 4.4

*Remember the C-19 symptoms - such as fever (37,5°C or above), loss of smell or taste, cough, fatigue, shortness of breath, diarrhoea or unexplained loss of appetite.

Before arrival 1/3

- Minimize the possibility to be positive during Training Camp.
- Keep the „10 days isolation princip“ before traveling :
 - Limit social contact
 - No club trainings
 - High level of hygiene 10 days prior to travel
 - Observe any signs of illness

Before arrival 2/3

- Send us a required information (covid@woc2021.cz):
 - Contact person on-site (telephone nr., email)
 - Accommodation address
 - Date of stay
- Orange/Red/Dark red countries have to fill in an online [Public health passenger locator form](#).
- Send us all test results necessary for entering the country:
 - In form of a certificate (in English),

Before arrival 3/3

- Required Documents (hard copy):
 - A confirmation of “**being a professional athlete or member of national team**” with a stamp of your federation in English – **ask your federation**
 - A confirmation of the Czech Orienteering Federation certifying, that you are coming to CZE to train for WOC 2021 - **provided by organisers**
(covid@woc2021.cz)
 - Non-EU countries: both documents above + a permit issued by the National Agency of Sport of the Czech Republic, as well. - **provided by organisers**
(covid@woc2021.cz)

Generally

- Stay up-to-date with relevant information (actual Bulletin, Covid section of the WOC webpage)
- In general, a later training camp increases a chance for less regulations, smaller risk and a less burden to the Czech health system.

Trainings

- **Send us your camp schedule about 1 week prior to your arrival (to Radek).**
Structure: Day, AM/PM, training area, number of people.
- **Multi-team sessions are strictly forbidden!** Possible to share courses using different time windows.
- Avoid situations when more than 2 runners run together in urban areas.
- Stay in “bubbles”. Don’t switch cars when travelling to your training sessions. Always wear a face mask in a car.
- Details on courses & maps to be found at the WOC training page.

FAQ 1/15

- **Is there a general rule for how long it is possible to stay for a training?**

Currently there is no such a rule, you only have to follow all valid Anti-Covid precautions of the Czech Republic.

FAQ 2/15

- **Should we have a special confirmation for everyone or is it enough to have a single one for a group?**

Both confirmations (issued by your federation/the Czech federation) can be issued for a whole group in a form of a list including names of all participants.

We recommend to have a hard copy for everyone (in a car, in a bag).

FAQ 3/15

- **What are “nano face masks”? Are surgical masks included in this category? Or, as coming from a red country, is it mandatory for us to use FFP2 anyhow?**

A face mask made of a nano material (94 % efficiency or more), for example a mask of a standard EN 148 or other listed in the latest version of TC-Bulletin are sufficient. Ordinary surgical masks are not included in this category.

An obligation to wear a respirator outdoors currently applies for 14 days for orange/red/dark red countries.

FAQ 4/15

- **How the PCR test delay “within 5 days” has to be calculated? If arriving in CZE on Monday evening, is it still ok to undergo the test on Saturday (= less than 120h after)?**

When arriving from a red or a dark red country, it is not possible to train or participate in the event until a negative result of a PCR test undergone in the territory of the Czech Republic is presented (i.e. after entering the Czech Republic).

FAQ 5/15

- **Can PCR tests be done on Saturday? And on Sunday?**

Yes. It is possible to test also at the weekend by prior arrangement. Please, book an appointment at least 3 days in advance.

FAQ 6/15

- During our camp, is it allowed to cross the polish border (twice) to take part to [Izery Cup](#) ?

When your travel takes no longer than 12 hours, you don't have to undergo another PCR/antigen test after your arrival back to CZE. This applies only for EU+ countries!

Regarding the Covid rules currently in force in Poland (entry restrictions, etc.), please discuss your situation with organisers of Izery Cup.

FAQ 7/15

- **Does only a roommate of an infected person have to get into a quarantine? (Not if one has been in the cars with the person)**

All persons who have been exposed to a positive person without an appropriate protective equipment (respirator FFP2, face mask 94%) indoors (also in a car!) will be sent to a preventive self-isolation by a local authority.

A disposable face mask and social distancing is sufficient outdoors. (Still the rule 14 days with respirator after arrival apply!).

FAQ 8/15

- **How long is the quarantine? (14 days?) Can it be shortened by e.g. 1 or 2 negative tests?**

Protective quarantine by being positive is currently 14 days and it can not be shortened. (New mutation of the corona-19 disease). You are not allowed to train!

Protective quarantine after exposure is currently 14 days and it can not be shortened. More in the next question.

The quarantine after arrival (5 days) does not apply for national teams and professional athletes.

FAQ 9/15

- **Is it possible to train outdoors during the protective quarantine (in case of exposure)?**

In a protective quarantine after exposure you might go for a training with a personal responsibility and a compliance with the highest protective measures (respirator all the time, except during a training activity). You have to train only in a region where you are currently accommodated (Doksy area, Turnov area, Jizerské hory). It is absolutely banned to do a sprint training!

In a quarantine in case of a positive PCR test you are not allowed to train.

FAQ 10/15

- **If we are coming to Czech Republic for less than 12 hours. Example: We will cross the border (POL/CZE) at 8 a.m. then do for example two trainings in Doksy and after that came back to Poland before 8 p.m. Do we need to make PCR test before arrival or it is the same as transit regulations?**

Yes currently it is possible to cross the borders without testing for max 12 hours.

FAQ 11/15

- **Rules for the Non-EU countries (papers, invitations we need, e.t.c.)?**
 - *A confirmation of “being a professional athlete or member of national team”*
 - *A confirmation of the Czech Orienteering Federation*
 - *A permit issued by the National Agency of Sport of the Czech Republic*
 - *Visa x Invitation ?? – individual*

FAQ 12/15

- **Max persons in forest trainings?**

No general rule. Profesional teams are recognized as working group. Keeping of team bubble and social distancing of 2 meters neccessary.

There are 6 slots for teams for morning/afternoon on one map. In urban areas please not more than 2 athletes.

FAQ 13/15

- **What are the EU+ Countries?**

EU members,
The Swiss Confederation,
The Kingdom of Norway,
The Republic of Iceland,
the Principality of Liechtenstein,
the Principality of Andorra,
the Principality of Monaco,
The Republic of San Marino
The Vatican City State;

FAQ 14/15

- **Max persons in forest trainings?**

No general rule. Profesional teams are recognized as working group. Keeping of team bubble and social distancing of 2 meters neccessary.

There are 6 slots for teams for morning/afternoon on one map. In urban areas please not more than 2 athletes.

FAQ 15/15

- **When we should make test after arrival? While waiting for test result, is it possible to go for training?**

It is necessary to make the PCR-test latest 24 hours after you are accommodated.

While waiting for the test result, you CAN drive to a FOREST training, provided that you will not meet neither any Czech citizen nor any other foreign orienteers.

Keep team bubbles in case someone would be tested positive.

All answers are valid as of today and may change.
You have to follow actual information (updated
Bulletin, Covid-19 section on the webpage).

Please don't hesitate to ask!