



Training Camps - Covid 19 Bulletin

This Bulletin is valid as of the date of publishing. Please, follow new information on <https://woc2021.cz/covid-19/>.

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1 Contact Information

COVID-19

Confirmation, PCR tests, valid measures, etc.

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Training Camps

Maps, Training Possibilities, etc.

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2 General Information

- All participants must act in compliance with the official [IOF Bulletin Covid-19](#). We ask everyone to take personal responsibility and to respect the regulations.
- For any training activities it is the responsibility of the teams and athletes to follow Covid-19 precautions and regulations in place by the Czech authorities and the organisers.
- Isolation, quarantine, medical and testing costs are the responsibility of an individual / a team. We recommend considering your individual or team insurance coverage prior to the arrival.

2.1 Protective Measures of the Czech Republic

- Important changes and the essential information for coming, staying or leaving the Czech Republic are published on our webpage <https://woc2021.cz/covid-19/>.
- Complete overview of the Covid-19 Protective Measures can be found [here](#) on the webpage of the Ministry of the Interior of the Czech Republic.

2.2 Face Masks

- **FFP2/KN95/N95 respirator or face mask with efficiency more than 94%¹ are obligatory to wear indoors (incl. car, public transport etc.), disposable mask outdoors in urban areas.**
- An exception of wearing a mask is only during training, in forest areas (keep social distancing!) and while eating.
- **The obligation to wear a respirator away outside of accommodation applies for 14 days for orange/red/dark red countries.**
- Masks have a limited re-use. Dispose of them frequently.
- Please, be aware of the risk of being quarantined when meeting someone who may be bearing Covid-19 without sufficient protective equipment.

2.3 Accommodation

- We recommend booking single rooms. Anyone sharing a room with a Covid-19 positive person will be sent to a preventive quarantine for 14 days by the local authority.
- **The owner of the accommodation will require official confirmation from Czech federation.**
- Please, consider booking a spare room for possible quarantine reasons.

¹ Product of following standards are recognized: EN 149, GB2626, NIOSH-42CFR84, AS/NZA 1716:2021, KMOEL - 2027-64, JMHLW - Notification 214,2018

- We are able to help you with finding a suitable type of accommodation, don't hesitate to contact us on accommodation@woc2021.cz

2.4 Transport

- It is obligatory to wear **a face mask/respirator with efficiency more than 94%²** in a car according to the current czech measures.
- Travelling within small team bubbles is recommended. It might help tracing back the source of infection in case of a Covid-19 positive case and can reduce the risk of mass quarantine measures.

2.5 Feeling Sick

- If anyone starts to feel sick³ during a Training Camp, he/she is obligated to notify organisers immediately (covid@woc2021.cz, + 420 770 131 208) to seek medical help.
- The affected person, and any roommate, shall immediately self-isolate and notifications to other team members should be done by telephone or mail only.
- If diagnosed with Covid-19, specific steps can come in action to quarantine others that may have been affected.

2.6 Violation of the rules

- **All national rules and Anti-Covid precautions valid in the Czech Republic have to be followed at all times.**
- **Be aware that by the Violation of the currently valid rules of the Czech Republic, the administrative authorities will decide according czech law.**

² Product of following standards are recognized: EN 149, GB2626, NIOSH-42CFR84, AS/NZA 1716:2021, KMOEL - 2027-64, JMHLW - Notification 214,2018.

³ Especially the symptoms of Covid-19 disease such as fever (37,5°C or more), loss of smell or taste, cough, fatigue, shortness of breath, diarrhea, or unexplained loss of appetite.

3 Arrival

- The decisive document describing requirements for your entry is the **List of Countries with a Low Risk of COVID-19** → regularly updated on the website of the Ministry of Health of CZE [HERE](#) and on our webpage (section Covid-19).
- Be aware that when traveling to CZE the country which you are coming from is decisive (in case of staying longer than 12 hours), not your citizenship.
- Be aware of the specific rules of all the tranzit countries.
- There is an **exception to the five-day self-isolation rule for professional athletes and members of the national teams** coming for the official event or a training camp. After entering the Czech Republic, you have to undergo a PCR test for the presence of SARS-CoV-2 at your own expense within 5 days.
- Participants travelling from orange, red and dark red countries have to fill in an online [Public health passenger locator form](#) before entering the Czech Republic.
- Participants travelling from **Non-EU countries** require an official confirmation issued by the National Agency of Sport of the Czech Republic. For issuing, please contact us (covid@woc2021.cz).

3.1 Documents necessary for your entry/visit

- You might be asked by the officials on borders or during your time in CZE about the purpose of your stay. We strongly recommend having these documents at hand (in a car or a bag):
 - A printed confirmation of **“being a professional athlete or member of national team”** with a stamp of your federation in English,
 - A printed confirmation of the Czech Orienteering Federation certifying, that you are coming to CZE to train for WOC 2021 - *provided by organisers* (covid@woc2021.cz)
 - Both documents can be made for the whole training group not on individual basis.
- Non EU:
 - Both documents above and printed permit issued by the National Agency of Sport of the Czech Republic. - *provided by organisers* (covid@woc2021.cz)

For Covid-19 related matters, please, provide the following information per team / individual: **a contact person on-site** (E-mail address, Phone number) and **the address of your stay**; Both to be sent to covid@woc2021.cz before arrival.

Rules for entry and return to the Czechia (as of 1st March 2021)

for travels exceeding 12 hours



	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 PES¹	ACCORDING TO THE PES¹
ORANGE COUNTRY	YES	ANTIGEN (max 24 hours) or PCR (max 72 hours before the departure)	NO	ACCORDING TO THE PES¹ (employees and students have to submit a negative test result before entering the workplace or school)	ACCORDING TO THE PES¹ + 14 days after the arrival obligation to wear a respirator FFP2
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 PES¹ + 14 days after the arrival obligation to wear a respirator FFP2
DARK RED COUNTRY	YES	PCR (max 72 hours before the departure)	PCR (no sooner than 5 th 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 PES¹ + 14 days after the arrival obligation to wear a respirator FFP2

There are exceptions from these rules, particularly for the international transport and regular cross-border movement (cross-border workers, pupils and students, persons having rights of custody or rights of visitation).

¹ PES - anti-epidemic system of the Czech Republic

Green country - country with a low risk of COVID-19 transmission

Orange country - country with a medium risk of COVID-19 transmission

Red country - country with a high risk of COVID-19 transmission

Dark red country - country with a very high risk of COVID-19 transmission

Country that is not on the list
of countries is considered as a
country with a very high risk
of COVID-19 transmission.



4 Covid Tests

- If coming from **red and dark red countries**, it is valid that until the negative result of the PCR test from the territory of the Czech Republic (ie after entering the Czech Republic) it is not possible to train properly or participate in an event. See the [FAQ 15](#).
- **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.
- Please write "Results" to the subject of email, we also kindly ask to send all the certificates for one training group together to help the administration process.

4.1 Testing in CZE

- We are able to provide testing for more than 10 people (or individual agreement) by a private testing company ESM Liberec. A price for a single PCR test is **1810 CZK/ approx. 70 EUR, antigen test 700 CZK⁴ / approx. 27 EUR + covering the travel cost** (20 CZK/km, approx. 400 CZK for the whole testing session). The costs will be added to an overall invoice after the Training Camp. Prior agreement via mail is needed.
- You can also use the official public testing place, overview [here](#) (only in Czech).

4.2 Positive Test

- An affected person will be isolated immediately. The local authority will trace his/her contacts and may decide to affect other team members. **All notification to organisers or team has to be virtual (no personal contact).**
- **The quarantine 14 days in place, local authority decides about its ending. It could be prolonged according to the symptoms. In case of emergency, please call 112.**
- An infected person is by Czech regulations allowed to travel to their home country, if possible. However, note that the possibility to travel home will most likely also be affected by restrictions in your home country, by travel restrictions (airlines, trains etc) and by method of travel. It is highly likely that an extended quarantine will need to be completed in the Czech Republic.

⁴ Both prices can slightly vary according to the current price of the test set.

- Isolation, quarantine, medical and testing costs have to be covered by an individual or a team itself.

4.3 Weak Positives

- Participants who suffered Covid-19 disease not later than in the last 60 days are not considered infectious, but they still may have a positive PCR test result.
- These will be assessed individually with the support of the local authorities, please write to covid@woc2021.cz.

4.4 Vaccination

- According to currently valid rules a PCR testing is obligatory for all participants including those who were already fully vaccinated. Once the Czech Republic will recognize the vaccination or vaccination passport, we will inform you via our communication channels immediately.

5 Training sessions

- Due to the covid-19 situation, no official training camps are scheduled. In principle, no gathering of teams during training activities is supported.
- Teams are free to come whenever it fits to use the provided training areas and courses set by WOC course-setters.
- During all training activities teams must stay strictly within their team bubbles, and all training activities must be scheduled with the organisers to make sure that they are spread out across areas and times.
- Joined sessions (runners from different teams at the same time at the same session) are not allowed. Teams may share courses, but only when using different time windows.
- Avoid situations when more than 2 runners run together in urban areas (practise mixed relay training only in pairs).
- Avoid any gathering at public places in general. Especially in urban areas. At urban parking places, always wear a face mask.
- Don't switch cars when travelling to trainings. Always wear a face mask in a car.
- It is possible to use the purchased OCAD data or order printed maps with or without courses. The ordered maps can be picked up in Doksy.
- All sessions should be registered - the registration will serve as a basis for session-fee calculation and first of all for sharing these whereabouts with nature protection authorities.

WOC 2021 Training Activities are further described in detail on <https://woc2021.cz/training>.

Training contact: Radek Novotný, the head of WOC 2021 Training Activities (trainings@woc2021.cz).

6 FAQ

1) Is there a general rule for how long it is possible to stay for training?

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

2) 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 having a hard copy for everyone (in a car, in a bag).

3) 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 having a hard copy for everyone (in a car, in a bag).

4) 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 nanomaterial (94 % efficiency or more⁵), 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.

5) 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).

6) 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.

⁵ Product of following standards are recognized: EN 149, GB2626, NIOSH-42CFR84, AS/NZA 1716:2021, KMOEL - 2027-64, JMHLW - Notification 214,2018

7) 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+ countries⁶!

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

8) 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%⁷) 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!).

9) 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.

10) 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 sprint training!

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

⁶ 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

⁷ Product of following standards are recognized: EN 149, GB2626, NIOSH-42CFR84, AS/NZS 1716:2021, KMOEL - 2027-64, JMHLW - Notification 214,2018

11) 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 training sessions in Doksy and after that come back to Poland before 8 p.m. Do we need to make PCR test before arrival or is it the same as transit regulations?

Yes currently it is possible to come and return without testing.

12) 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

13) Max number of persons in forest training?

No general rule. Professional teams are recognized as working groups. Keeping the team bubble and social distancing of 2 meters necessary.

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

14) 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.

15) When we should make test after arrival? While waiting for the 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 according to the discussion with the local authority KSM Liberec.

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!