



Covid-19 Bulletin WMMTBOC

UPDATE 14/9/2021

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MTBO21 Médio Tejo:

European MTBO Championships EMTBOC

CX80 MTBO World Cup Final

European Junior & Youth MTBO Championships EJYMTBOC

World Masters MTBO Championships WMMTBOC

Portugal

INTRODUCTION

The IOF and the organisers are dedicated to protecting athletes, team officials, staff and any other participants such as media people from becoming infected by the Covid-19 virus. It is of great importance that all participants of MTBO2021 Médio Tejo follow the advice contained in this document the days before and during the events to be able to participate in all the competitions and to avoid spreading the virus.

MTBO21 Médio Tejo (EMTBOC, EJYMTBOC, World Cup Final and WMMTBOC) is the first major IOF event since 2019 where participants from Youth, Junior, Elite and Masters are present at the same time. Organising three parallel events in times of a pandemic poses a special challenge, also because there is no central accommodation available for the participants of all events. Under these circumstances the approach to the EMTBOC/EJYMTBOC and WMMTBOC is different from other IOF events.

It will not be possible to have an “Event Bubble” and a Covid-19 Protocol with a binding set of rules whose adherence can be controlled by the organisers. This Covid Bulletin can only be a set of recommendations, with descriptions of what Covid mitigation activities the organisers will be putting in place.

Please be aware that without an event bubble the responsibility for mitigating Covid infections outside of the competition activities is solely the responsibility of the teams and athletes!



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The organisers will do their best to offer effective Covid-19 mitigation precautions for all the events. For example, the EMTBOC/World Cup and EJYMTBOC competitions will be physically separated from the WMMTBOC competitions in time and arena access so as to avoid any interaction between the participants of the European Championships and the Masters.

However, the organisers can only take precautions in connection with competition related activities; what happens outside the competition environment is not within the organisers' control.

It is therefore crucial that all participants **show a high degree of individual responsibility**:

- Follow the recommendations in this Covid Bulletin and respect all restrictions.
- Stay separated on your own responsibility – also outside the competition environment (at the accommodation, when eating out, etc.).
- Minimise contacts with other participants. If you cannot avoid interaction, practise physical distancing, also with your friends and teammates.
- Wear a facial mask indoors and as often as possible also outdoors, and especially if you cannot keep a distance of 1.5 m (e.g. when travelling by car, even if the other passengers are your teammates).
- Practice good hygiene by washing your hands frequently and using sanitizer before and after touching surfaces, etc.

Please consider what the impact for you and the sport of orienteering can be:

- It is for your own safety not to risk getting infected and to test positive before the event (you would not be allowed to travel then) or at accreditation or during the event (with a possible quarantine time in Portugal).
- If you are tested positive, you risk that your whole team will get excluded from the races if the necessary precautions have not been taken within the team.
- The whole event can be in danger if we have positive cases in several teams or a hot spot during the event. The local authorities could then stop the whole event and the image loss not only for MTBO, but for orienteering in general, would be enormous.

With the name entry in IOF Eventor all entered participants confirm that they have understood and will abide by the provisions in this Covid-19 Bulletin and that they will take individual responsibility.

The information in this Covid-19 Bulletin is valid at the time of publishing. Any changes and updates to official Covid-19 recommendations and instructions will be uploaded to the event website <https://mtbo2021.fpo.pt> when there is new information available.



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Thank you for your understanding and cooperation and see you at MTBO21 Médio Tejo!

CONTACT INFORMATION

For Covid-related correspondence and emergencies write to covid.mtbo2021@fpo.pt

Responsible Covid-19 person

(confirmation, PCR tests, precautions etc.)

Nurse Jorge Mendes

Phone No: +351 919486377

Doctor

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COVID-19 KEY PRINCIPLES at MTBO21 Médio Tejo

• No event bubble but individual responsibility

With a wide range of participants (Elite, Juniors and Youth, Masters) and the free choice of accommodations, it will not be possible to control adherence to the Covid rules outside of the competition activities. For that reason, there will be no event bubble for any of the events.

However, without an event bubble it is the individual responsibility of all participants and teams to take all precautions to help prevent getting and spreading Covid-19 – also outside of the competition activities.

The IOF and the organisers count on all participants' individual responsibility!

• WMMTBOC and European Championships (EMTBOC & EJYMTBOC) will be held separately

In order to have no interaction between Masters and the Elite, Junior and Youth participants, the WMMTBOC will be held separated from the EMTBOC/World Cup and EJYMTBOC. As a consequence, all participants can only get accredited for one event.

- Participants can only enter and get an accreditation for the EMTBOC/EJYMTBOC or for the WMMTBOC. This means:
 - EMTBOC athletes or EMTBOC/EJYMTBOC team officials are not allowed to take part in the WMMTBOC Mass Start on Thursday or in any other WMMTBOC competitions.
 - Participants with an accreditation for the WMMTBOC are not allowed in the competition arenas at the same time as the participants of the European Championships. To enter the arenas, proof of accreditation must be shown.
- The competition terrains and arenas are accessible to either the EMTBOC/EJYMTBOC or WMMTBOC participants.



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- The European Championships and the WMMTBOC will have their own separate prize-giving ceremonies.
- The Event Office (EO) at the Event Centre (EC) in Abrantes will have special opening hours for the EMTBOC/EJYMTBOC and for the WMMTBOC, and visits to the EO are restricted according to these opening times. Visits to the EO should be limited as much as possible and contacts should be primarily by telephone or digital tools. The EC and/or EO is not a meeting point!

To make the separation between the EMTBOC/EJYMTBOC and the WMMTBOC work, all participants are asked to follow the instructions given in this Covid-19 Bulletin and in the Event Bulletin and to avoid as well any contact between the different event participants during out-of-competition activities (e.g. accommodation, eating out).

- **Mandatory Rapid Antigen test for all participants upon arrival**

To prevent the risk of anyone carrying an infection with them into the events all participants (EMTBOC & EJYMTBOC / World Cup – athletes and team officials, WMMTBOC) will have to take a Rapid Antigen test upon arrival / before accreditation.

- **Additional (testing) requirements to get accreditation**

Apart from the mandatory Rapid Antigen test for all participants upon arrival, one of the following three documents will have to be presented to get accreditation for the WMMTBOC:

- Proof of full vaccination (passport/certificate) **or**
- proof of recovery **or**
- a negative PCR test not older than 48 hours.



- **Various**

- As much as possible will be done by digital tools.
- The organisers want to provide a safe environment for all participants at MTBO 2021 Médio Tejo. → No public races will be offered.
- Spectators, including WMMTBOC participants, may watch the competitions of the European Championships provided they stay in the clearly marked areas reserved for them.
- Out-of-competition activities are not allowed, and it must be avoided that participants mix with other age groups and other teams. → There will be no banquet/party.

This Covid Bulletin is specifically for all WMMTBOC participants (Masters).





INSTRUCTIONS AND RECOMMENDATIONS



- To get accreditation, it will be mandatory for all WMMTBOC participants
 - to take a Rapid Antigen test upon arrival, and
 - to present proof of full vaccination (passport/certificate) **or** proof of recovery **or** a negative PCR test not older than 48 hours.

Detailed information on the Rapid Antigen test is given on page 10.

- The information session for Masters on Wednesday will be held digitally.
- The WMMTBOC competitions will be physically separated from the EMTBOC and EJYMTBOC competitions in time and arena access. In practice this means:
 - The competitions for the Masters will usually take place after the EMTBOC and EJYMTBOC competitions. Masters may not enter the EMTBOC/EJYMTBOC competition arena before the time specified in the Event Bulletin.
 - On Sunday, when the WMMTBOC Sprint is before the European Championship Relays, Masters must leave the arena at the instructed time.
- Masters are allowed to watch the races of the European Championships as spectators but they must stay in the clearly marked “spectator zone/s”.
- Masters may also attend the prize-giving ceremonies of the EMTBOC, EJYMTBOC and World Cup as spectators provided they stay in the clearly marked areas reserved for them.
- All Masters are asked to socially distance from EMTBOC and EJYMTBOC participants and teams at all times – in particular also during all out-of-competition activities (at the accommodation, when eating out etc.)

Interaction between EMTBOC/EJYMTBOC and WMMTBOC outside of the events (e.g. at accommodations, or in restaurants) cannot be controlled. However, all participants are specifically asked to stay separated **on their own responsibility**.



PROTECT YOURSELF AND OTHERS FROM COVID-19

To stay safe the WHO advises to take the following simple precautions:

- Physical distancing: Stay at least 1.5 m away from people, even if they do not appear to be sick.
- Wearing a facial mask: Make wearing a mask a normal part of being around other people.
- Avoiding crowds: Avoid crowded places and prolonged contact with other people.
- Cleaning your hands: Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Coughing into a bent elbow or tissue: Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately into a closed bin and wash your hands.

Please remember: Even when you are vaccinated, you can still get and spread the Corona virus!

RECOMMENDATIONS BEFORE THE EVENT

10 days before the event

Reduce your social activities and contacts to an absolute minimum, and avoid any place which poses a high risk of infection → self-isolation from 25th September 2021:

- Study or work from home if possible, do not attend meetings with physical presence.
- Limit external contacts and contacts with other groups. For example, do not go to big parties, nightclubs, concerts, soccer matches etc.
- You may train and compete to be best prepared for MTBO21 Médio Tejo, but do not go to training camps. Train on your own, in small groups and/or within the same group. Always keep your distance to other persons before and after training.
- Be aware that the risk to get infected at sports activities is biggest at the assembly point and in discussions with teammates before and after trainings and competitions. Do not have any discussions right after the finish line with your teammates. Meet where you can maintain a distance of at least 1.5 m or make an online meeting afterwards to talk about your experiences.
- Avoid changing rooms and common showers, travel directly to the training/competition and return immediately.
- Generally, avoid crowds and big gatherings. Outdoor venues are safer than indoor places.
- It is best if somebody else does your shopping. If this is not possible, go after peak hours and keep your shopping time short.
- If you must use public transport, try not to travel during rush hour.



- Pay special attention to a high level of hygiene.
- Observe any signs of symptoms or illness. If in doubt, do a Covid-19 test. If the test is positive, do not travel to Portugal!

Following the regulations

With the name entry in IOF Eventor you accept the following:

- I have read, understood, and will follow all recommendations given in the specific Covid-19 Bulletins and information on the event website.
- I will report any potential signs or symptoms of illness to covid.mtbo2021@fpo.pt.
- I understand that a positive test result may lead to isolation in Portugal for several days and that I cannot participate at the event.
- I also understand that I have to pay all isolation, quarantine, medical and testing costs.

Bookings, preparation and paperwork



- Make sure your booked accommodation adheres to rules and consider suitability if you (and maybe also your friends) have to isolate.
- Have the following documents ready:
 - Documents to enter Portugal (details see further down)
 - If having had Covid-19: Documentation of previous PCR test proving the infection and a signed doctor's certificate
 - Proof of full vaccination (passport/certificate) **or**
 - Proof of recovery **or**
 - Proof of a negative PCR test done within 48 hours before arrival at the Event Centre
- Also consider the need to have an insurance because all isolation, quarantine, medical and testing costs are the responsibility of the individual or team.

If you travel in groups of 4 or more people, please inform the organisers by Sunday, 3rd October, about your arrival time and the number of persons – see paragraph 'Antigen test upon arrival' on page 10.



TRAVELLING AND ENTRY TO PORTUGAL

Travel / transport to Portugal

- Consider using non-public transportation if possible (e.g. own car).
- Take special care of precautions during travel (physical distancing, wearing of masks, high frequency of washing hands and sanitizing).

Entering Portugal

Travel restrictions are not specified in detail in this Covid Bulletin as they vary from country to country. Please be aware that the participants are responsible to investigate or find out currently valid entry rules. Entry rules may change frequently, please check the latest version.

Most important information when arriving to Portugal by plane:

- Essential or non-essential travel is allowed from most countries.
- A negative PCR Test (done **within** 72 h before boarding), or a negative Rapid Antigen Test (done **within** 48 h before boarding), or a valid [EU Digital COVID Certificate](#) must be presented.
- Children under 12 do not need to present a test.
- All passengers need to fill in a Passenger Locator Card (individually) before departure to Portugal or on board at <https://portugalcleanandsafe.pt/en/passenger-locator-card>.

Information for foreign arrivals (National Public Health Center; Portugal Travel):

<https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal>

All rules for entering Portugal are to be followed.

If you have any questions regarding entry or the precautions and restrictions in Portugal, do not hesitate to ask us, the organisers. We will do our best to help you.



ARRIVING AT THE EVENT & ACCREDITATION

Requirements to get accreditation



- To get accreditation, it is mandatory for all WMMTBOC participants to take a Rapid Antigen test upon arrival.
- **Additionally, all Masters are required to present one of the following documents:**
 - Proof of full vaccination (passport/certificate) **or**
 - Proof of recovery **or**
 - Proof of a negative PCR test done within 48 hours before arrival at the Event Centre
- Individuals who have been infected with the Covid-19 virus in the 6-month period prior to the event, i.e. after 4th April 2021, are exempt from the Rapid Antigen test upon arrival. The infection with the Covid-19 virus must be proven by providing documents showing the infection in a verifiable PCR test result document and a doctor's statement that the individual has recovered from the infection.
- This exemption does not apply to individuals who have been partially or fully vaccinated, since vaccinated people can still carry and spread the virus actively.

Accreditation



- **After having presented one of the three documents mentioned above and** upon receipt of a negative test result, you will receive accreditation for the WMMTBOC and may start with competition related activities (e.g. Model Event).
- WMMTBOC participants in groups are asked to send only one person as their representative to the Event Office.

Please note that only participants with a valid accreditation have access to the competition arenas and can take part in competition related activities (e.g. Model Event).



INFORMATION ABOUT TESTING

Antigen test upon arrival

- The Covid-19 Rapid Antigen test will be conducted at the Event Centre in collaboration with our partner Implasystem, which will provide a mobile laboratory on Wednesday and Thursday, 6th and 7th October.
- Test type: SARS-CoV-2 Virus Rapid Antigen, N Protein Test (Nano-Fluorescent)
- Groups of 4 or more Masters are asked to send an email to covid.mtbo2021@fpo.pt by Sunday, 3rd October, and to inform the organiser about the following:
 - Arrival time of your group at the Event Centre in Abrantes
 - Preliminary number of required tests (= number of people who want to get accreditation for the WMMTBOC)
- The organiser will inform each group in detail about test times and location after 3rd October.
- The test results should be available within 30 minutes.
- Please do not wait for your result at the Event Centre but go back to your car or wait in another place separated from other participants. All contacts to other people or visits to shops (e.g. grocery store, pharmacy, etc.) should be avoided.
- It is not allowed to do any competition related activities (e.g. go to the Model Event) before getting accreditation.

Positive Antigen test

- If your Antigen test is positive, an additional PCR test will be carried out for verification of the Antigen test result. The cost of this test will be covered by the organiser.
- All participants who have to take an additional PCR test must remain in strict self-isolation until they receive their test result. It is allowed to go outside, but social distancing rules must be followed. It is not allowed to attend the Model Event! Contacts to other people or visits to shops (e.g. grocery store, pharmacy, etc.) must be avoided.

PCR Test taken within 48 hours before arriving at the event



- Those Masters who cannot present either proof of full vaccination (passport/certificate), or proof of recovery, will have to present proof of a negative PCR test done within 48 hours before arrival at the Event Centre.
- Certified tests performed abroad or in Portugal will be accepted.



- The certificate must be in Latin or Slavic alphabet, in Lithuanian, Russian or English and must include the personal data of the person tested (name and date of birth), testing method, test result, location and time of the test and the data of the person or laboratory where the test has been performed. A certified printout from a database of another country is also accepted as a certificate.

Departure testing

- If you need a test for travelling home, the organisers offer an opportunity for a test directly at the Event Office at the Arripado arena (Long distance competition).
- Such testing has to be pre-ordered. Both PCR and Antigen testing can be provided:
 - PCR test - € 90 per person, test result will be available no later than 24 hours after testing
 - Antigen test - € 25 per person, test result will be available no later than 30 minutes after the test (by paper or email)
- Date and time of testing: Saturday, 8th October, 08:00 – 17:00
- If you need a departure test, please send an email to covid.mtbo2021@fp.pt by Monday, 3rd October, stating the number of people who want a test.

POSITIVE TEST

Participants whose result of the PCR test is positive will not be allowed to take part in the competitions.

If there is a positive test result, the following measures apply:

- The affected person will be isolated immediately.
- The local health authority will trace his/her contacts and decide about the effect on other participants. Conduct prior to the isolation will be considered important when deciding upon the follow-up measures. The notification to the organiser has to be made in a contactless way (i.e. no personal contact).
- The duration of a quarantine is 10/14 days. A new PCR test may not be done earlier than on the tenth day of self-isolation. In case of a negative PCR test result and absence of symptoms, the quarantine ends after 14 days.
- If a fully-vaccinated person produces a positive PCR test result (a weak positive), he/she will have to undergo an additional test in a public hospital in Abrantes (additional PCR test, SARS-COV-2 antibodies test and a laboratory test). If the additional test confirms the positive result, the person will be considered as infectious and will be forced to undergo an isolation lasting 10 days.



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- According to the laws of the Portugal, foreign citizens living abroad may leave Portugal to their state of residence before the expiration of the mandatory period of isolation. This early departure is allowed only if the person is not showing any symptoms of upper respiratory tract infection (URTI) and if a negative SARS-COV-2 PCR test (produced **within** 48 hours before departure) is performed. When leaving, the Portuguese health authorities must be informed.
- If you have got a positive result after your return from Portugal, please inform us on covid.mtbo2021@fpo.pt

In any kind of emergency in Portugal, you can call the emergency number **112** (no country code) from any telephone to speak to the emergency services (including medical services).

COSTS FOR TESTING AND RELATED MEASURES

- Price for the different tests:

<i>Type of test</i>	<i>Result available</i>	<i>Price per person</i>
Mandatory Rapid Antigen test upon arrival	within 30 minutes	€ 25.00
Express PCR test *	within 6 hours	€ 90.00
PCR test	within 24 hours	€ 90.00

* If this test is required because the antigen test was positive, the organiser will pay the costs.

- The costs of the test(s) will have to be paid in cash (in euros), or bank transfer, before getting the accreditation.
- Isolation, quarantine, medical and testing costs have to be covered by the individual. Please take these costs into account when planning your trip.

DURING THE EVENT

Covid-19 precautions and safety measures during the event

- Please maintain a distance of at least 1.5 m from all other people, also within your team.
- Be aware of the risk of being put in quarantine if you meet a person infected with Covid-19 who is not wearing a face mask.
- Practise good hygiene: Wash your hands frequently using soap (from the dispenser) or a hand sanitizer. Substances will be available at the quarantine zones and the competition arenas.
- Water/drink stations will be organised in the safest possible way.
- Act responsibly when outside the competition environment: avoid unnecessary and excessive contacts (especially indoors), visits, shopping, etc.
- Generally, take the precautions advised by the WHO (listed on page 7).

Facial masks

- Wearing a face mask is mandatory during all competition related activities. For example, masks must be worn in the competition arenas, in quarantine zones, at the pre-start, during bus transportation provided by the organiser, in the Event Office, etc.
- In the competition arenas, the mask may be taken off when active (warm-up, competition, cool-down).
- Disposable face masks will be provided at the competition arena. Competitors who have completed their race will get a face mask before reading out their e-card (SIAC).
- Athletes who are called to the podium must also wear masks. They may only take off their mask when photos are taken.

Responsibility to report illness

If anyone starts to feel sick during MTBO 2021 Médio Tejo (especially with the symptoms of Covid-19 disease such as fever, loss of smell or taste, cough, sore throat, cold or runny nose, shortness of breath, stomach problems, or unexplained loss of appetite), he/she is obligated to notify his/her team official and the organisers (esp. Covid doctor, see above) to immediately seek medical help.

The affected person, and any roommate, must immediately self-isolate and communicate by telephone or e-mail only.

If the case of infection with Covid-19 is confirmed, specific steps may affect multiple other people due to contact tracing and isolation of persons who have been in close contact.



Model Event

- The Model Event on Wednesday, 6th October, will be organised in a way that participants of the European Championships and the WMMTBOC do not mix.
- Please note that only participants with a valid accreditation can take part in the Model Event.

Event Office

- In-persons visits to the Event Office should be avoided as much as possible. If there is a need to visit the Event Office, please respect scheduled times for EMTBOC/EJYMTBOC and WMMTBOC participants or call in advance to set up a time.
- Masters in groups are asked to appoint someone who visits the Event Office for the whole group.

Finish arenas

- To access the competition arenas, you need an accreditation as a WMMTBOC participant.
- Please remain in the zone allocated to Masters and avoid contact with people in other zones.
- There will be a special area for spectators (incl. WMMTBOC participants) which will be clearly marked as “spectator zone”. It will be physically distanced from the competition arena.
- As the spectator zone is part of the arena, all spectators must wear face masks and physical distancing must be practised.
- Spectators are absolutely not allowed to leave the spectator zone, for example to congratulate an incoming rider.
- Only pre-registered media persons with a valid accreditation will be allowed to enter the competition arenas.

Ceremonies

- The Opening Ceremony is planned to take place outdoors in a big soccer stadium. Physical distancing is easily possible. WMMTBOC participants and other attendees will be clearly separated from the teams of the European Championships.
- All prize-giving ceremonies will be held outdoors in the arena (except on Sunday) and will be organised with limited personal contact: no handshakes, no hugs, etc.
- On Sunday, the prize-giving for the Long distance and the Overall World Cup will take place at the Event Centre in Abrantes (outdoors).



Media

Requirements to get accreditation



- To get accreditation to the European Championships, all representatives of the media will have to take a Rapid Antigen test upon arrival.
- **Additionally, all representatives of the media are required to present one of the following documents:**
 - Proof of full vaccination (passport/certificate) **or**
 - Proof of recovery **or**
 - Proof of a negative PCR test done within 48 hours before arrival at the Event Centre
- Media can use the PCR testing organised by the MTBO 2021 Médio Tejo team, but only if booked in advance. If you want to use this service, please send your requests to covid.mtbo2021@fpo.pt no later than Sunday, 3rd October.

Media zone and contact with athletes

- There will be a specific “media zone” in the arenas, but only pre-registered media persons with a valid accreditation will be allowed to enter the arenas.
- Media contacts with EMTBOC and EJYMTBOC athletes will be organised to be physically distanced, i.e. a separation of at least 1.5 m between media and athletes. Representatives of the media may not enter the athletes’ competition arena on their own and without the organiser’s agreement.
- Generally, all representatives of the media must follow the precautions and recommendations in this Covid-19 Bulletin.

Organisers and Guests



- Each member of the organising team who will be in direct contact with the athletes and team officials will have to take a Rapid Antigen test upon arrival. The same goes for guests.
- **Additionally, organisers and guests are required to present one of the following documents:**
 - Proof of full vaccination (passport/certificate) **or**
 - Proof of recovery **or**
 - Proof of a negative PCR test done within 48 hours before arrival at the Event Centre
- All members of the organising team and guests must follow the precautions and recommendations in this Covid-19 Bulletin.



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GDPR

- As the receiving organisation, the Portuguese Orienteering Federation (POF) is responsible to inform the participants about the usage of their personal data. POF may be asked to prepare all necessary personal data (e.g. PCR test results, contact information, etc.) in case of a demand by a national administrative authority (such as police, local health authority, National Agency of Sport, etc.).
- All personal data will be treated with the highest level of security within a small group of the organising team. We, the Portuguese Orienteering Federation, as the organisers and administrators of the data, will provide the data only to the selected organisations listed below.
 - DGS; Centro Hospitalar Medio Tejo; IDPJ
 - Portuguese Police
 - Others, if necessary for the infection-related needs (e.g. a testing company, Ministry of Health, etc.)
- All personal data (including PCR test results, personal phone numbers, email addresses, etc.) will be deleted in autumn 2021 after fully completing the MTBO21 Médio Tejo organisation work.

To all participants at MTBO 2021 Médio Tejo:
You have a higher level of personal responsibility than usual when attending these events.
Please be aware of that on all occasions and at all times!
THANK YOU!