

LEN SANITARY PROTOCOL

The LEN Sanitary Protocol sets out the framework of medical, sanitary and hygiene procedures together with the operations that are to be applied when staging LEN competitions. The difficulty is to foresee how Covid-19 will evolve, either in terms of its epidemiology or in the nature of the countermeasures imposed by national governments, whilst it is almost impossible to establish a completely risk-free environment, the aim is to lower the risk as far as possible by applying current medical advices and best practices.

In order to minimize the risk to LEN competitions from COVID-19, precise preparations and on-site organisation is required. To large extent, the cooperation of the teams, their athletes, officials, technical staff, the venue staff and all those involved in the event is crucial. Therefore, LEN expects all parties to adhere to hygiene best practices both in the controlled event environments and in their personal day to day lives. All precautions set out in this document must be strictly accepted by all those involved. Non-respect of such social norms could have serious consequences for the staging of the competition.

Given the overall situation and the regulatory conditions which may occur during in the coming month, the Protocol may be revised and adapted at any changes. The LEN Sanitary Protocol is subject to legal provisions and other orders issued by the competent local authorities in the various countries.

This means creating a protected and contained environment for athletes and technical staff to provide them with a separated 'bubble' corridor for all movements into, within and out of the venue, and establish best practice principles for the protection and safety of all working staff involved in delivering the match. The aim is to minimize the number of contacts between different groups involved in the event, to reduce the possibility of any cross-contagion between groups, and therefore to limit the number of people that may need to be tested.

The EC Junior Protocol includes medical and operational obligations for all parties taking part in organising the Event. These obligations are applied in preparing the venues, subject to any additional measures imposed by the local authorities.

LEN is entrusted with the operational management of the Protocol and entitled to take decision and adopt operational provisions for the implementation of the Protocol in particular in view of the different events to be organised as well as to amend it accordingly in view of the COVID-19 development and the changing of the National conditions.

Non-compliance with the obligations set out in the Protocol may lead to disciplinary measures according to the LEN regulation.

DEFINITIONS

- a. **Bubble:** an umbrella term for the Training Location, the Competition Venue, the Hotel and the buses involved in the transportation of the Teams. Due to the Protocol's epidemiological provisions, the probability of a COVID-19 infection is very low within this Bubble;
- b. **EC Junior:** European Junior Open Water Swimming Championships July 2021;
- c. **LEN:** Ligue Europeenne de Natation
- d. **French Swimming Federation:** Organising Committee;
- e. **LOC Medical Staff:** The Epidemiology local inspector
- f. **LEN Medical Officer:** Medical officer and Supervisor of all guideline operations as well as all controlling that all obligations stated in the guideline are respected.
- g. **CMO:** Chief Medical Officer, the head of the local Medical Team;
- h. **COVID Marshal:** who is part of the Medical Team and responsible for enforcement of this Protocol. Also helping the teams in case of COVID-19 related questions.
- i. **Delegation:** the group of Competitors, staff, officials who are established in line with the rules of the European Junior OW Championships.
- j. **Competition and Training Location:** Creteil - Paris
- k. **Epidemiological isolation:** isolation of communicable disease patients from healthy population at the person's residence or in an in-patient healthcare institute;
- l. **Foreign Participant:** no-French citizens with an eligibility defined by LEN, who
 - i. are participants at the EC Junior OW Swimming (spectators excluded)
 - ii. are in possession of an invitation letter addressed to them and issued by LEN.
 - iii. has arrived to the European Junior open Water Swimming Champs upon the invitation of the French Swimming Association
- m. **Medical Team:** a team of healthcare and other professionals who provide the overall healthcare support of the European Junior OW Swimming Championships and activities preventing the spread of COVID-19 infection.
- n. **Pre-triage:** a test upon entering the Bubble.
- o. **Quarantine:** an epidemiological monitoring process, wherein, to prevent any transmission of COVID-19 infection, persons not showing symptoms but potentially infected are isolated or the movement of such persons is restricted at their place of (temporary) residence or in an in-patient healthcare institute for the period until lack of COVID-19 infection is proved.
- p. **SARS-CoV-2 Antigen Test:** Rapid test requiring a nasopharyngeal swab, which shows result in 15 minutes.
- q. **SARS-CoV-2 PCR Test:** the standard molecular biological examination to detect COVID-19 infection conducted using nasopharyngeal and oropharyngeal samples, in line with the healthcare service rules.
- r. **Personal Protective Equipment:** any equipment with the intended use of mitigation of the risk of transmission of infections to the extent where the risk of such infection no longer endangers human health, particularly wearing face mask;
- s. **Close Contact:** persons who
 - i. have been in close physical or personal contact with a COVID-19 case;
 - ii. simultaneously stayed in the same, enclosed room within 2 (two) meters for at least 15 (fifteen) minutes.

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STRATEGIC ELEMENTS OF THE PREVENTION OF THE SPREAD OF COVID-19

The protection of the participants against COVID-19 is served by 2 (two) consecutive lines of defense.

- a. The Preventive measures constitute the primary line of defense.
In this phase, the Training Location, the Competition Venue, the Hotel and the vehicles involved in the transportation of the Teams are placed in the Bubble. For all participants the entry into the Bubble is subject to a negative SARS-CoV2 Antigen Test and to enter the competition to a negative SARS-CoV2 PCR test. Controlled access to the Bubble through pre-triage screening and SARS-CoV-2 PCR test significantly may reduce the risk from COVID-19 infections inside the Bubble.
 - ii. Should any Participant test positive at the SARS-CoV-2 PCR test or rapid Antigen-test the procedures as stated into the LEN sanitary guideline will be applied to prevent further spread of the COVID-19 infection.
 1. The Medical Team will separate and monitor the infected person and all relevant possible close contacts.
 2. The infected participant will have to follow the procedure indicated by the local authorities inside the Bubble thus reducing the number of potential close contacts.
- b. To ensure adherence to the Protocol, in case of any violations, disciplinary actions can be taken by LEN according to the LEN regulation. The LEN Medical Officer will oversee adherence to the Protocol.

PROTOCOL UPON ENTRY IN THE COUNTRY

- a. Participants will be subjected to border control.
- b. The use of protecting masks for all participants is mandatory at any time.
- c. Participants will collect and carry their own luggages.
- d. Representatives from LOC will meet participants however keeping social distance.
- e. Participants will be informed by the COVID Marshal concerning accessing the bus and transportation to the Hotel.
- f. Should a participant notice symptoms of COVID-19, he/she shall report this to the Medical officer of the team and to the COVID marshals.
- g. Participants will be transported to the Hotel. Upon the arrival they will be subjected to the first SARS-CoV-2 PCR test, and SARS-COV-2 Rapid - Antigen test. The rapid test will allow to access the hotel room.
- h. Once the negative result of the SARS-CoV-2 PCR test will be delivered, participant will be allowed to enter the competition
- i. Participants occupy the room reserved for them.

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PROTOCOL AT THE HOTEL

- a. The Hotels are reserved exclusively for all Participants at the EC Junior OW Swimming
- b. Hotel personnel shall also be subject to the SARS-CoV-2 PCR test conducted 24hour before the participants arrive.
- c. The processes concerning cleaning, laundry and meals shall be conducted using a protocol approved by the Hotel Certified Expert.
- e. The Hotel rooms are fitted with the following hygiene tools:
 - i. disinfectant wipes;
 - ii. surface-disinfectants;
 - iii. hand sanitizers;
- g. All Participants will stay in single or double rooms. It is important to notice that in case of a positive case the roommate will be automatically treated as close contact.
- h. Meals are strictly scheduled, and persons are seated apart from each other to comply with the rules of social distancing. In case two persons are at one table, if one of them produces positive SARS-CoV- 2 PCR results the other will be treated as close contact.

PROTOCOL DURING THE STAY IN FRANCE

- a. All participants are in isolated Bubble during the Competition and may not move outside the Bubble unless it is under previously organized conditions and does not involve to contact with any one outside of the tested group

PROTOCOL REGARDING LOCAL TRANSPORTATION

- a. The bus drivers will be tested according to the LEN Sanitary Guideline
- b. Use of hand-sanitizers is mandatory upon boarding the bus.
- c. On the bus wear protective mask and keep social distancing is mandatory.
- d. Seats around the driver is not allowed.
- e. Driver must wear face masks.
- f. Each bus will be sanitised according to the LEN Guideline.

PROTOCOLS OF TRAINING- AND COMPETITION VENUE

- a. Training- and Competition Venues are exclusively used for the European Junior OW Swimming Championships during the period thereof.
- b. Only Participants with an access authorization may enter the Training- and Competition Venues.
- c. No team photographs may be taken, no handshakes, hugs or any other form of close contact is allowed.
- d. The movement of Teams is strictly scheduled; The Training Location must be cleaned and disinfected after all Sessions, as per protocol.
- f. Equipment used for training must be disinfected after use.

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In the Pool Area

- i. Competitors must follow the “*enter, train, leave*” rule.
- ii. Participants’ movement routes are pre-defined and allocated to each of them.
- iii. the area around the pool shall be disinfected according to the protocol approved by LEN

Competitors exit the Training- and Competition Venue via the designated exit and return to the Hotel.

Zoning

- A concept of zoning is implemented to reduce the interaction between the different participants to a competition. The Venue is divided in 3 zones.
- The zones must be clearly separated and, where in the same stand, should have a minimum of three rows between them.
- Zoning access will be identified on individual accreditation.
- The colour (red/yellow/white) is clearly marked at the venue with sufficient staff available to enforce the policy.
- Some essential workers (e.g. medical or anti-doping) may require “all zone” access. These decisions should be agreed in advance with LEN, Covid Marshall and the LEN Medical & Doping Control Delegate.
- All accreditation for all those directly involved in the competition and the respective zone access is established in accordance with the above process.

X. PRE-TRIAGE

Upon each entry to the Bubble, participants are subjected to temperature measurement as well as the QR code accreditation control.

It is mandatory to inform the COVID Marshal’s the LEN medical Officer immediately in case of any symptoms from the list below:

Fever, Cough, Shortness of Breath, Muscle Ache, Difficulty of breathing, Sore Throat, Pink Eye, Diarrhoea, Vomiting, Runny Nose, Loss of Taste, Loss of Smell

SARS-CoV-2 PCR TEST PROTOCOL

All Participants must have by one negative SARS-CoV-2 PCR test performed 48 hours before travelling to Italy and for the local delegations before arriving at their respective hotel: Such test documented in the English.

Such result to be sent to test-management@len.eu.

Foreigners participants have to present it when entering the country.

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PROCEDURES TO FOLLOW FOR POSITIVE SARS-CoV-2 PCR TESTS.

- a. Should a SARS-CoV-2 PCR test come back positive, the Medical Team shall notify the LEN Medical Officer.
- b. In case of positive PCR result Participants should move immediately to quarantine.
- c. Under the management of the LEN Medical Officer and the local authorities, contacts will be identified.
- d. The SARS-CoV-2 PCR test must be repeated on 2 (two) occasions, to rule out false positive results and an Antigen test must be performed.
- e. If the tests under Point d come back negative, and the tested person has no symptoms, this person and his/her close contacts may be released from isolation.
- f. If the test results positive,
 - i. the Participant without symptoms or with mild symptoms will be placed in quarantine in the Hotel, while for local participants in their place of (temporary) residence; The quarantine period is according to the local legislation.
 - ii. Participants with severe symptoms will be transported to the hospital.

PROCEDURES CONCERNING CLOSE CONTACTS

Close contacts shall be tested with SARS-CoV-2 PCR according to the local legislation.

PROTOCOL CONCERNING CONDUCT AND USE OF PROTECTIVE EQUIPMENT

- Participants, the Hotel Staff and Health Care Providers shall wear a face mask at any time except
 - i. when they are in the dining facility, from starting the meals until they finish it, or when they consume beverages.
 - ii. if they stay alone in the room.

- Competitor are exempt from wearing a face mask when competing and at the training in the pool .
- For Competitors, hand sanitizing is mandatory within the Bubble by using the hand sanitizers placed at disposal there.
- Social distancing shall mean for Participants at least a distance of 2 (two) meters from each other within the Bubble and from everybody outside of the Bubble.

The COVID Marshal is responsible for

- i. helps teams in adherence to the Protocol's preventive measures.
- ii. adherence to the provisions of this Point.
- iii. Communication with the LEN and LOC as needed.
- iv. All national teams must indicate a Medical Officer who is responsible for the compliance to the COVID-19 protocol. This person shall cooperate and communicate to the LEN Medical Officer and with the local Medical staff in case of COVID-19 situations.

SPECIFIC PROCEDURE AT OPEN WATER COMPETITIONS

Each swimmer will receive their numbering info (or Tattoos) in advance with the relevant instructions so swimmers will number themselves.

Call Room

The transponder/timing will be sanitized before each race.

Swimmers must keep mask on until called to the start line.

- Place mask in a numbered paper bag and seal prior to start.
- Place in swimmers gear bag
- Use a fresh mask on exit from the water

The swimmers must be lined up a distance of 1.5 metres apart at the line up area and 1m at the starting pontoon.

Feeding Pontoon

Access to the feeding pontoon will be allowed according to the arrival of the swimmers.

Coaches/Handlers to wear mask at all times and physically distance as much as possible on the platform.

Move to the front of the platform will be allowed immediately before the respecting Swimmer's arrival for feeding.

Leaving the water and post-race

Personnel assisting swimmers from the water and/or will hand out towels or water and they wear masks & medical gloves.

Swimmers have to wear the mask as soon as practical on exit from the water.

Trasponder removal will be done by the athlete and deposited into a specific bin close to the exit of the post-finish area. All equipment will be disinfected accordingly.

Technical Officials

Technical Officials shall always wear mask.

the required people shall be allowed to be on the boat. NO Guests or unnecessary staff is allowed.

Use own whistles and technical equipment. Use whistle when necessary. Use short, sharp whistle blow not long.

It is forbidden to share equipment-

Only one person to use the same watch/writing equipment.

Sanitise all the equipment before to return it at the end of the competition.

Technical Officials meetings can be organised at the hotel or via video conference.

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Award Ceremonies

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 medallist.

Medals are presented on a plate. The athlete must put the medal around his/her neck by himself/herself.

Not any award presenter will be invited.

Athletes shall stay on their individual podium until the ceremony is over.