

# Health and Safety Plan<sup>1</sup> for the World Wrestling Championships Seniors Belgrade 12.12.2020-20.12.2020

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The health and safety measures of all wrestling championships that take place under the aegis of the UWW is clearly regulated by the relevant regulations defined in the UWW Medical Regulations. The COVID-19 pandemic, in addition to the usual measures, imposes the need for new measures and activities in order to reduce the risk of transmission to a minimum.

The epidemiological situation regarding COVID-19 in the Republic of Serbia and globally, on a daily basis, is monitored by the Institute of Public Health of Serbia and the Crisis Staff, which prescribe all necessary measures and activities aimed at monitoring illness and death, as well as preventive measures with WHO recommendations (WHO Office in Serbia has been present since 1992). The organizer of the competition took into account the above data when preparing the plan and is ready to consider additional measures if the epidemiological situation requires it, and also harmonized it with the guidelines "WHO Mass Gathering COVID-19 Risk Assessment Tool", assessing the risk through three pillars – risk evaluation, risk mitigation, risk communication, on the basis of which the overall risk of transmission and further spread of COVID-19 is considered low (Total Risk Assessment Score from COVID-19 Risk Evaluation Tab 2, and Total Mitigation Score from COVID-19 Mitigation Tab 76-100). We emphasize that the abovementioned WHO document takes into consideration the scope of application of preventive measures without the current epidemiological situation.

## 1. Obligations of national team management

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- All competitors must be under constant medical supervision during the preparations. Medical examination of all wrestlers must be done no later than 7 days before the arrival to the championships with all the necessary clinical and laboratory tests performed to eliminate the suspicion of the presence of Covid-19 infection. An official document with the signature and facsimile of the doctor and the Health Institution is required. Documents should be submitted immediately upon the arrival at the airport or submitted to the organizer via e-mail in advance with the email receipt/answer provided by the organizer.

-All members of each national delegation must have Negative PCR test on Covid-19 no older than 72 hours before the arrival to the championships. Please kindly submit the document immediately upon arrival at the airport.

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<sup>1</sup> This document is subject to adjustments, modifications, improvements, depending on the current health and sanitary situation worldwide.

In case that PCR testing cannot be done in the home country, please timely inform the championships management about the issue in order to do the respective testing in Serbia. Until the findings are received during the day, the wrestlers and staff will be in a specially provided place, after which they will be accommodated in a specific hotel.

The cost of this testing will be paid by the national teams that are to be tested.

All participants must have a handwritten statement that they have not been in conscious contact with a COVID-19 positive person in the last 14 days or have had the following symptoms:

- elevated temperature
- sore throat
- a dry cough
- shortness of breath
- pain in muscles and joints
- loss of sense of smell and taste
- Annex 1.

Although the WHO does not recommend the use of rapid antigen tests as screening tests in cases where the probability of a positive finding is low, upon the arrival at the airport or accreditation site, and at the suggestion of UWW, the organizer is ready to perform additional testing of all championships participants via rapid antigen test on COVID-19, i.e. a test that meets the standards of early diagnosis of COVID-19, and in agreement with the medical team and UWW, if they jointly assess that this will further contribute to safety.

-Provision of a sufficient amount of protective masks for each participant-competitor or member of the delegation. Wearing a mask is mandatory for all participants in the championships except during training and matches.

-During the stay at the championships, all participants will fill in the attached form, with data on measuring body temperature 2 times per day in the period between 07.00 - 08.00 a.m. and 19.00-20.00 p.m., and subsequently hand over the document to the person from the Medical Security of the championships. The appropriate thermometer is provided by the organizer.

-In case of any issues regarding participants that may raise the suspicion of Covid-19 infection, the team leader will immediately report to the organizer for examination by an infectologist.

## 2. Transportation of participants

Transportation of participants will be done by special buses. Ventilation and disinfection will be performed daily before and after each transport.

Only accredited participants of the championships will be allowed to enter the vehicles of transport necessarily wearing the appropriate masks.

The number of passengers in the vehicles of transport is determined by the national regulations of the Crisis Staff on public transport.

### 3. Accreditation

Accreditation of participants will be performed at the appropriate accreditation point, according to the established schedule. The accreditation place will be large enough to provide physical distance – with markings on the floor, provided hand sanitizers, an additional amount of protective masks, adequate toilet space, and a bucket with a lid for disposing of used masks. The organizer will try to have only one national selection present during the accreditation, and all present staff are obliged to apply all recommended preventive measures, including wearing protective masks and hand hygiene.

### 4. Hotel accommodation

All participants will be accommodated in appropriate hotel rooms supplied with a sufficient amount of hygiene and disinfection equipment. The organizer recommends that double or single rooms be used to accommodate participants. No change of rooms will be allowed after receiving them at the beginning of the competition.

There will be hand sanitizers placed before entering the restaurant. The diet of the competitors will be designed to meet the physical, religious and other needs as provided by UWW regulations. It will be arranged according to the schedule, in several halls, with serving food by the waiters and respecting the physical distance and other preventive measures.

The time provided per meal is 20 minutes.

All hotels will be intended exclusively for the participants of the championships without the presence of other guests.

In case the management of the national delegation needs to hold a meeting with its members, it is necessary to report to the hotel reception in order to agree on the time. Meetings will be held in special rooms within the hotel intended for that purpose.

### 5. Training process

The training process will take place according to the plan of the national teams in specially designated hotel rooms, as well as the competition hall.

The hotel will be provided with a special room and with all the equipment needed to hold the training. Disinfection will be performed before and after each training. Only wrestlers, their coaches and accompanying medical staff can enter the mat. Before entering the mat, please be sure to pass the appropriate disinfection barrier for shoes and hands. It will be placed at the entrance to the training room. Showering – personal hygiene of each athlete will be done in hotel rooms.

The trainings will take place according to the established schedule, which will be delivered to each national federation.

On the day of the competition, training and warm-up will be performed in the hall connected to the competition hall. Each national delegation will have its own locker room. The locker rooms will be disinfected before and after use. The size of the locker rooms is adjusted to the number of competitors. Disinfection is performed before and after use. Before the wrestler steps on the mat, it is obligatory to put protective covers over the wrestling shoes, which are removed and stored in a specially provided container before entering the mat.

Hands will be disinfected with alcohol.

## 6. Medical examination of competitors before weigh-in

The medical examination of the competitors before the weigh-in is performed by specific doctors separately for each category that is planned for matches on that day. In addition to the examination prescribed by the UWW regulations, body temperature is also measured early in the morning when entering the competition venue (before training/warm-up/weigh-in). A competitor who has a temperature above 37.5 degrees is excluded from the competition.

A dedicated document will be produced for the management of the competition itself (elimination from the competition, next rounds, ranking of the concerned weight category, etc.).

## 7. Medical care

Medical care is performed according to the UWW Medical Security Regulations. One doctor and one medical technician will be present at each wrestling mat. During the competition, 1 orthopedist with the necessary equipment for possible immobilization will be present as well. Each team will have the appropriate medical equipment to provide the necessary assistance. Each medical worker will have an appropriate protective mask, and when providing the necessary help to the competitors, they will have special gloves that are disposed of after use.

The resuscitation team will be located next to the wrestling field with all the necessary equipment for resuscitation procedures as well as the means for transporting the injured competitors to the appropriate medical institution. The team must include a resuscitator.

A doctor and a medical technician will be present in the ambulance located within the competition facility, who will provide the necessary medical assistance to other participants in the competition.

In front of the competition hall, 2 ambulances of the resuscitation vehicle type will be parked, which will transport the injured to the appropriate medical institutions, if necessary.

In each suspected case, an additional PCR test will be performed. For each confirmed case of COVID-19 infection, an epidemiological examination of close contacts will be performed in accordance with WHO recommendations. Only PCR positive cases will be eliminated from the competition. Team members, for whom the epidemiological examination determines to be confirmed close contacts, will not be allowed to mix with other members of the delegation, until the end of the examination and

obtaining a negative PCR test, which will be done as soon as possible. Persons suspected of having COVID-19 infection will be transported by special vehicles.

Persons who are positive for COVID-19 and who do not require hospital treatment will be accommodated on a special floor of the hotel with a special diet and behavior. The length of the insulation will be in accordance with WHO recommendations. Medical care will be provided by an epidemiologist and an infectologist. Those who have a clinically manifested disease that requires hospital treatment will be referred to appropriate hospitals.

## 8. Hygiene of the wrestling mats

All competitors will pass the disinfection barrier for footwear before entering the wrestling mat, within which they will also need material for wiping shoes from moisture, as well as hand disinfection. Cleaning and washing of the mat with disinfectants is done immediately before the start of the competition as well as after each completed match. Hygienic products that do not irritate the skin or mucous membranes will be used to disinfect the mat.

If the solemn ceremonies of the opening of the competition or the awarding of medals are performed on the mat, it is necessary to protect it with appropriate covers, which are removed after the end of the competition and the mat is disinfected again.

## 9. Referees

Referees must adhere to all preventive medical measures as well as other participants in the competition.

Referees must not touch the athletes, there is no handshake between the referees and the wrestlers. The athlete bows to the referee instead of greeting. The winner is announced by a show of hands. The chairperson shall invite experts to consult only if necessary. Referee sets are inspected without touching. Physical distance must be provided between the referee and the timekeeper. It is necessary to disinfect the hands with the appropriate means. The point indicators must be disinfected after each use.

Additional preventive measures will be implemented by the Refereeing body and will be available on a separate document.

## 10. Anti-doping control

Anti-doping control takes place according to clear WADA rules. A special addition to this is that others will be included to the existing premises in order to avoid a larger number of competitors for anti-doping control in a small space.

## 11. Behavior of participants during the competition.

It is necessary to adhere to basic preventive medical measures such as physical distance, wearing clean masks and using hand disinfection. Contact between participants in the competition should be reduced to avoiding contact, except as necessary in the competition program. With other participants in the competition from other delegation it is advised to reduce contacts as much as possible and adhere to preventive medical measures. Depending on the epidemiological situation and regulations issued by state authorities, evening outings in restaurants or social clubs may be prohibited during that period.

## 12. Control PCR test on Covid-19

A control PCR examination on Covid-19 will be possible after the end of the competition for each team on the same day they leave the country (possibly the day before) if the match is in the early morning), and all national teams will receive the results during the day in person or it will be sent to them electronically.

This testing will only apply to those delegations whose countries require a negative PCR test as a criterion for return to the quarantined home country. The costs of the PCR test will be covered by the organizer in this case.

## 13. Awarding medals

Medals are awarded on a special podium. The medal will be presented by UWW officials. In doing so, they will not shake hands with the medal winners or each other. Congratulations are done with a bow and verbally.

Medals, plaques and possibly other awards will be presented by the hostesses on a special tray, which the medal winners will personally take and put around their necks.

Mutual congratulations of the wrestlers with their hands and physical contact on the podium are not allowed.

All participants must adhere to the medical measures specified.

## 14. The obligation of the organizers

All participants in the organization of the competition who get into the contact with competitors or other members of the national teams must have a negative PCR test on Covid-19, which at the beginning of the competition is not older than three days. Considering all the circumstances, we believe that we can properly implement all measures of sanitary control and protection in order to successfully organize the World Championships.

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## 15. Useful links

- [How to use WHO risk assessment and mitigation checklist for Mass Gatherings in the context of COVID-19](#)
- [Mass Gathering risk assessment COVID-19: key considerations](#) (Excel sheet)
- [Decision tree for risk assessment for mass gathering](#)
- [Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19: interim guidance](#)
- [Guidance for the use of the WHO Mass Gatherings Sports: addendum risk assessment tools in the context of COVID-19](#) (Excel sheet)

## 16. Appendices

Attached.

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