



SARS CoV-2 Protection concept for

**Final Olympic Qualification Regatta
Lucerne 15 – 17 May 2021**

**World Rowing Cup II /LUCERNE REGATTA
Lucerne 21 – 23 May 2021**

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Brief overview of the event											
Event	Final Olympic Qualification Regatta (FOQR) and WORLD ROWING Cup II (WRC)/LUCERNE REGATTA										
Brief description	Rowing event										
Organiser	LUCERNE REGATTA ASSOCIATION, 6000 Lucerne										
Location	Rotsee, Lucerne										
Date	<table border="0"> <tr> <td>13 - 14 May 2021</td> <td>Official training session</td> </tr> <tr> <td>15 - 17 May 2021</td> <td>Competition days FOQR</td> </tr> <tr> <td>18 May</td> <td>Cleaning day / no access to the venue</td> </tr> <tr> <td>19 - 20 May 2021</td> <td>Official training session</td> </tr> <tr> <td>21 - 23 May 2021</td> <td>Competition days WRC</td> </tr> </table>	13 - 14 May 2021	Official training session	15 - 17 May 2021	Competition days FOQR	18 May	Cleaning day / no access to the venue	19 - 20 May 2021	Official training session	21 - 23 May 2021	Competition days WRC
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Performances / Offer	FOQR – Qualifying regatta, for the world's last Olympic starting places WORLD ROWING CUP II, top-class field with Olympic participants										
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1 Introduction

According to the federal Covid 19 ordinance, sporting events without spectators are currently permissible, provided that an effective protection concept is implemented. Likewise, the entry of athletes and the necessary accompanying persons is permitted - with reference to the hardship clause, even if they come from risk countries (SEM list). According to the Federal Office of Public Health (FOPH) ordinance Art. 8 c) and g), an exception to the quarantine obligation also applies to entry from risk countries according to the FOPH list.

Due to the SARS-CoV-2 virus, also known as the coronavirus in colloquial language, the protective measures for events must be continuously adapted to the current requirements. Strict protective measures apply, and at the current time the canton must approve events.

The guidelines are aimed at the groups of people involved in the Final Olympic Qualification Regatta and the World Rowing Cup II in Lucerne. They serve to define protective measures that must be implemented with the participation of all groups of people involved in the two events.

Please note that two separate events will be held, the Final Olympic Qualifying Regatta (FOQR) and the World Rowing Cup II (WRC II). Space on the boat racks will be allocated separately by the OC for both events.

While spectators and public are currently not allowed at events by federal ordinance, this Protection Concept makes reference to plans for a limited amount of public spectators if the situation arises closer to the event that public are permitted.

Final Olympic Qualification Regatta (FOQR)

The venue will be officially open for training from Thursday 13 May 2021 at 8:00 am until 7:00 pm daily. No training is allowed at the Rotsee before this day. On the regatta days, practice is allowed from 07:00 until 15 minutes before the first race.

Boat trailers may arrive at the Rotsee from 4:00pm on Wednesday, 12 May 2021 at the earliest, there will be no access to the venue for teams prior to this time. This time is only for unloading and rigging of boats, no training is allowed.

There will be no access to the venue on 18 May 2021 prior to 4.00pm to allow the venue to be hygienically cleaned between the two events. It will be closed to all accredited persons, except for delivery and unloading of boats strictly from 4:00 pm.

WORLD ROWING CUP (WRC II)

The venue will be officially open for practice daily from 8:00 am to 7:00 pm from Wednesday, 19 May 2021. On race days, practice is allowed from 7:00 am until 15 minutes before the first race.

Boat trailers may arrive from Tuesday, 18 May 2021 4:00 pm at the earliest.

All persons involved must be accredited for the respective event, otherwise admission will not be granted. It is not possible to attend the other event with an accreditation for one event.

- ▶ Accordingly, training is only permitted for crews participating in the respective event.
- ▶ Boats used only for FOQR must be removed from the event site by 8pm on Monday 17 May 2021.
- ▶ Boats used only for the WORLD ROWING Cup II must not be on the event site before 4.00 p.m. on Tuesday, 18 May 2021.

2 Objective

The measures in the present protection concept pursue the following objectives:

- ▶ Prevent the spread of the SARS-CoV-2 virus and break transmission chains.
- ▶ Minimise the risk of infection with the SARS-CoV-2 virus.

3 Scope of application

The present protection concept contains medical and organisational guidelines for the event, which must be strictly adhered to. Failure to comply with the requirements set out in this protection concept may result in disciplinary measures.

The protection concept as well as the applicable requirements of the health authorities regulate the principles of conduct before, during and after the events until the final departure, in particular also outside the official training and competition days.

Further documents as annexes form integral parts of this protection concept.

4 Information on COVID-19

4.1 Transmission routes¹

Transmission routes and protective measures are adequately described by the FOPH and are regularly updated (www.bag-coronavirus.ch).

The main route of transmission of COVID-19 is respiratory ingestion of virus-containing fluid particles produced by breathing, coughing, talking and sneezing. Depending on the particle size, a distinction is made between droplets (larger than 5 µm) and aerosols (finest airborne liquid particles and droplet nuclei, smaller than 5 µm), whereby the transition between the two forms is fluid. While larger respiratory droplets in particular sink quickly to the ground, aerosols can also float in the air for a long time and disperse in enclosed spaces. Whether and how quickly the droplets and aerosols sink or remain suspended in the air depends not only on the size of the particles but also on a variety of other factors, including temperature and humidity.

Aerosols are released when breathing and speaking, but even more so when shouting and singing; coughing and sneezing additionally produce significantly more droplets. In addition to increasing volume, individual differences can also contribute to increased release. Basically, the probability of exposure to droplets and aerosols is increased within a radius of one to two metres around an infected person.

Prolonged stay in small, poorly ventilated or unventilated rooms can increase the probability of transmission by aerosols even over a distance greater than two metres, especially if an infectious person emits a particularly large number of small particles (aerosols) and exposed persons breathe in particularly deeply. Due to the accumulation and distribution of aerosols, maintaining the minimum distance may no longer be sufficient under these conditions. Effective air exchange can reduce the aerosol concentration in a room. Transmissions outdoors occur rarely overall. If the minimum distance is maintained at the same time, the probability of transmission in the outdoor area is very low due to air movement.

4.2 Transmission through asymptomatic/symptomatic infected persons

In general, a distinction is made between whether an infectious person was already symptomatic at the time of transmission to another person, whether he or she had not yet developed any symptoms or whether he or she never became symptomatic even later (asymptomatic infection). Transmissions from infectious persons are of great significance if they have already developed signs of illness (symptoms). These symptoms can be subtle, such as headaches and a stuffy nose. Such a phase with milder symptoms may precede a later phase with more "typical" symptoms, such as fever or cough, by one or two days.

In addition, a considerable proportion of people probably also become infected from other, infectious people in the one to two days before their symptom onset. How large this proportion is cannot be precisely quantified, since several studies did not describe, or did not describe well, how the "symptom onset" was defined. For example, it is possible that in one case the onset of illness was documented as the first day with fever, even though the person had already had a headache and a stuffy nose the previous day.

Finally, there are probably also infections of persons who were infected and infectious but did not become ill at all (asymptomatic transmission). However, these infections probably play a minor role.

In all three constellations, rapid isolation of positive cases, identification and early quarantine of close contacts, keeping a distance from other persons, adherence to hygiene rules and wearing masks are effective in reducing the risk of transmission.

¹ Source: Robert Koch Institute

² Source: Robert Koch Institute

4.3 Risk groups

According to the FOPH, people are currently considered to be particularly at risk:

- ▶ Persons aged 65 and over
- ▶ Pregnant women
- ▶ Adults with the following pre-existing conditions:
 - ▶ High blood pressure
 - ▶ Cardiovascular diseases
 - ▶ Diabetes
 - ▶ Chronic respiratory diseases
 - ▶ Cancer
 - ▶ Diseases and therapies that weaken the immune system
 - ▶ Obesity grade III (morbid, BMI ≥ 40 kg/m²)

The OC, volunteers and service providers in particular must be made aware of the risks.

4.4 Symptoms of disease

People who show one or more of the common symptoms could possibly be ill with the corona virus. According to current knowledge, the most common symptoms of the disease are:

- ▶ Symptoms of acute respiratory disease (sore throat, usually dry cough, shortness of breath, chest pain).
- ▶ Fever
- ▶ Sudden loss of the sense of smell and/or taste

In addition, the following symptoms are possible:

- ▶ Headache
- ▶ General weakness/unwellness
- ▶ Muscle pain
- ▶ Common cold
- ▶ Gastrointestinal symptoms (nausea, vomiting, diarrhoea, abdominal pain)
- ▶ Skin rashes

The symptoms of the disease vary in severity and can also be mild. Complications such as pneumonia are also possible.

If one or more symptoms appear, the affected person may have contracted the new coronavirus. Contact should be made with a doctor. The instructions on isolation and quarantine must be followed consistently.

- ▶ [COVID-19: Instructions for isolation](#)

https://www.bag.admin.ch/dam/bag/en/dokumente/mt/k-und-i/aktuelle-ausbrueche-pandemien/2019-CoV/merkblatt-selbstisolation-covid-19.pdf.download.pdf/covid-19_instructions_isolation.pdf

5 Organisational

General structure

- ▶ Three zones are formed, **Start Zone**, **Boat Storage Zone** and **Finish Zone**, and there is a consistent separation of people access by zone. Anyone who has access to one zone does not have access to another zone.
- ▶ There will be a temperature control check of each person entering each accredited zone. No access to the accredited areas shall be permitted for persons registering a temperature of over 37.5° Celsius.
- ▶ Accredited persons are not allowed to access the area on the side of the lake between the Boat Storage - and the Finish Zone.
- ▶ The Boat Storage Zone is enlarged to the edge of the lake. Access is only possible for accredited persons after temperature control. The path along the lake between the pontoons and the children's playground will be closed to the public accordingly.
- ▶ The water rescue team will no longer be located in the Boat Storage Zone, but as in previous years in an area near the motor boats to minimise access to the Boat Storage Zone.
- ▶ The Start Zone will be separated from the general public area of the bathing establishment and is only accessible to accredited persons after temperature control.
- ▶ In the Finish Zone, the finish tower, media area and public grandstand will each be a separate access zone, with access to the finish tower and media only available to accredited persons after temperature checks have been carried out.
- ▶ If public are permitted, the public part of the grandstand will be divided into 4 independent areas.
- ▶ The athletes' area in the Finish Zone includes the Victory Ceremony Pontoon, the athletes' waiting area, and the athletes' part of the interview area. This area is separated from the public area of the grandstand and the media area by a 1.5 m wide security zone. Access to this athletes' zone is only possible for a limited number of specially accredited World Rowing and OC members and volunteers.
- ▶ With a few hand-picked exceptions, there will be no cross-zone accreditations between the Start -, Boat Storage - and Finish Zones.

5.1 Designation of responsible persons

The OC is responsible for the implementation of the protection concepts. He appoints a COVID-19 Officer and a COVID-19 Medical Officer. Each team reports a COVID-19 Team Officer to the OC.

COVID-19 Officer (CO)

The CO is a member of the OC.

Its tasks are:

- ▶ Responsibility for the implementation of the protection concept in training and racing operations
- ▶ Responsibility for the implementation of the regatta protection concept
- ▶ Contact person for authorities
- ▶ Contact person for World Rowing
- ▶ Responsibility for the instruction/education of all specifications of this protection concept

COVID-19 Medical Officer (CMO) (Hirslanden Medical Team)

The CMO must be the event doctor or a person with medical expertise.

Its tasks are:

- ▶ Responsibility for the implementation of medical guidelines in training and racing operations
- ▶ Responsibility for coordination/documentation of PCR tests Contact person for all persons in case of disease symptoms
- ▶ Contact person for the cantonal physician

COVID-19 Team Officer (CTO)

Each team must appoint a CTO who is responsible. The CTO could be, for example, the team doctor, the physiotherapist, the team manager or another person of the participating association.

Its tasks are:

- ▶ Ensuring that the requirements of this protection concept are also adhered to at all times (from arrival to return journey)
- ▶ Responsibility for the procedure according to 10.4 when an athlete develops symptoms of illness
- ▶ Ensures that no sick team members enter the event area and do not leave the accommodation
- ▶ Actively inform those responsible for the accommodation
- ▶ Reports the accommodation, location and contact of the accommodation to the OC

List of persons present

The OC keeps a list of persons present at the event and divides it into groups of persons so that persons can be identified for tracing possible chains of infection (contact tracing). It is particularly important to document close contacts between persons. Close contacts between persons must be able to be identified for 14 days at the request of the health authority. Official orders of the responsible community take precedence.

All persons entering the event site will be accredited, with the exception of the group of Guests/Spectators if they are allowed, who will be recorded and documented separately.

5.2 People Management

Approximately 500 people per event (athletes*, delegates, providers) are expected. If spectators are allowed, a max. 150 spectators are expected in the stands.

Furthermore, the OC himself determines how many people are necessary for the organisation and security in order to be able to provide the services.

The necessary persons are divided into groups of persons, each of whom has different access authorisations to the event zones:

People Group " Teams "	Athletes – coaches - support staff and team delegates
People Group " World Rowing "	World Rowing and all its service providers, including boat builders and repair service
People Group " Organiser "	OC and volunteers and local delivery and service providers
People Group " Guests/Spectators "	
People Group " Media "	

Access to the event is regulated for these groups of people. All persons must also comply with the overriding principles set out in section 6.2

5.3 Access authorisation / accreditations

With the exception of the group Guests/Spectators, only persons with an accreditation have access to the three zones. All accredited persons will be registered in advance and recorded in detail. All accredited persons must also have completed a pre-event health declaration before they are able to receive their accreditation and be able to identify themselves. The accreditation card is personalised for all people groups.

Only persons who have not shown any symptoms of illness during the 14 days prior to the event and who have a negative COVID-19 PCR test result that is not older than 72 hours before their first arrival at the venue will be accredited. The need for a negative COVID-19 PCR test is valid for everyone, including those travelling from countries neighboring to Switzerland and from inside Switzerland who may not otherwise require a negative test result prior to travelling.

Persons from all groups who are participating in both the FOQR and WRC II must have a second negative COVID-19 PCR test that is not older than 72 hours before accessing the venue again for the WRC II after the FOQR.

For the people group “Organiser”, a COVID-19 Self declaration is required instead of the COVID-19 PCR Test.

A person showing COVID-19 related symptoms must report this immediately (via CTO) to the OC (CO). He/she must not enter the event area, must remain isolated, contact a doctor and follow his/her instructions.

This also applies in the case of an individual who has had interaction with a person showing COVID-19-related symptoms.

In case of questions, the CO of the OC can be contacted at covid@lucerneregatta.com .

5.4 Zones event area

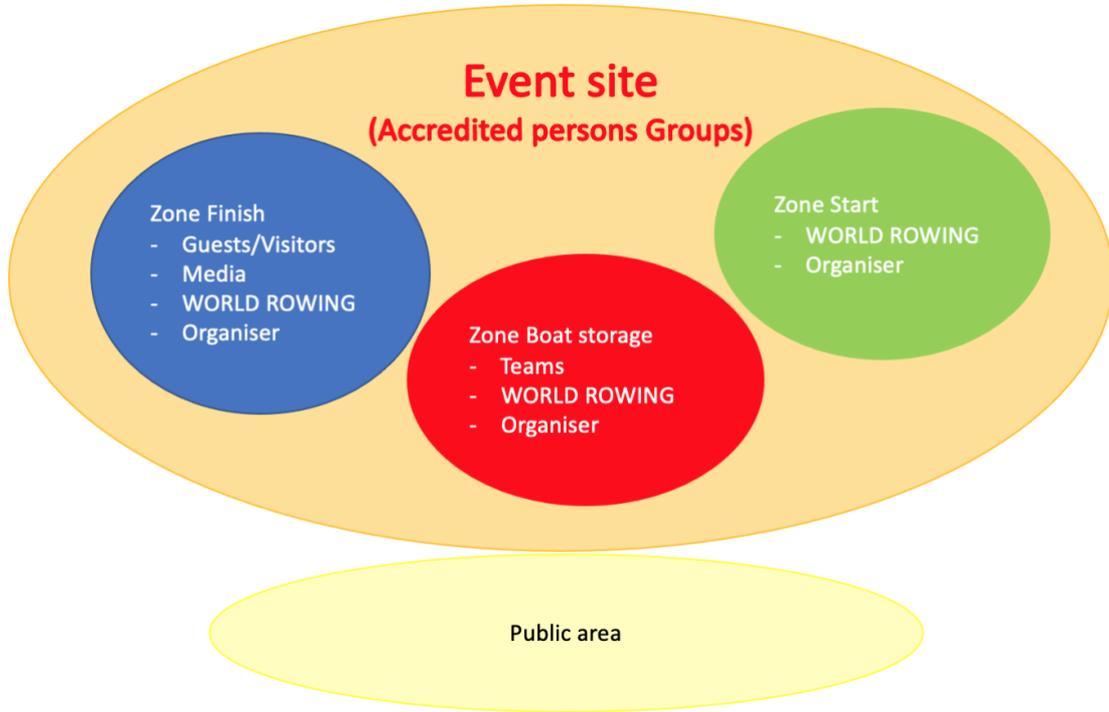
The event area will be divided into three different zones so that a separation of the different groups of people can be coordinated in the best possible way and the corresponding security and protection measures can be implemented specifically.

The three zones and their assigned areas/rooms shall be set up in such a way that traceability can be ensured in case of close contacts between individuals.

- ▶ Close contact means that contact of less than 1.5 metres with an infected person has taken place for more than 15 minutes (single or cumulative) without appropriate protection (e.g. partition wall or both persons wearing a hygiene mask).

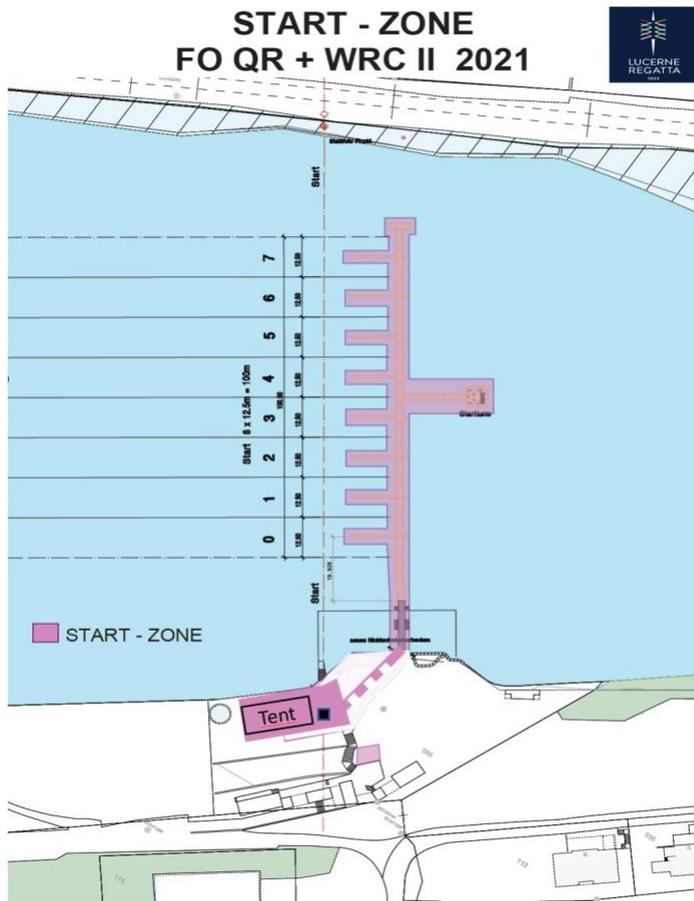
The OC is responsible for the separation of the zones and their access.





5.4.1 Start Zone - overview

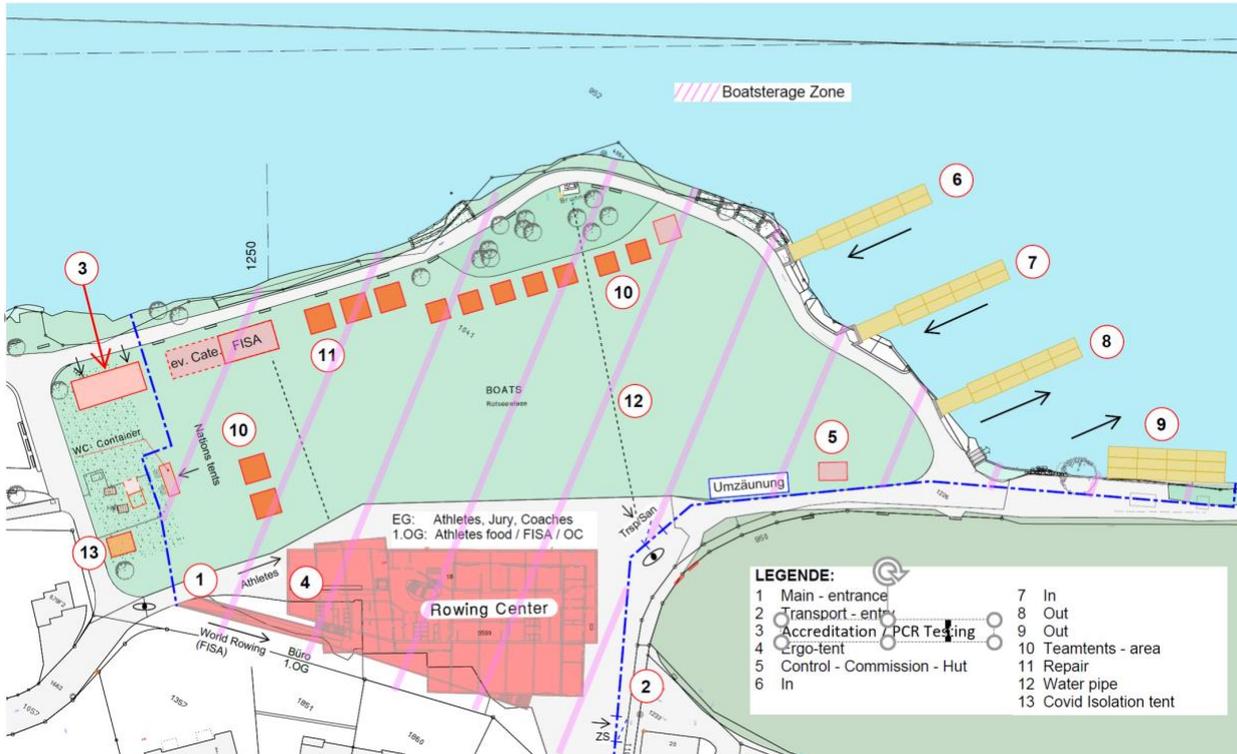
Aligner hut, helper staging area, start pontoon and start tower
(The closed areas have been agreed and approved with the City of Lucerne)



5.4.2 Boat Storage Zone

Demarcated Boat Storage Zone, including rowing centre for accredited participants.

Event - area overview FO QR + WRC II 2021



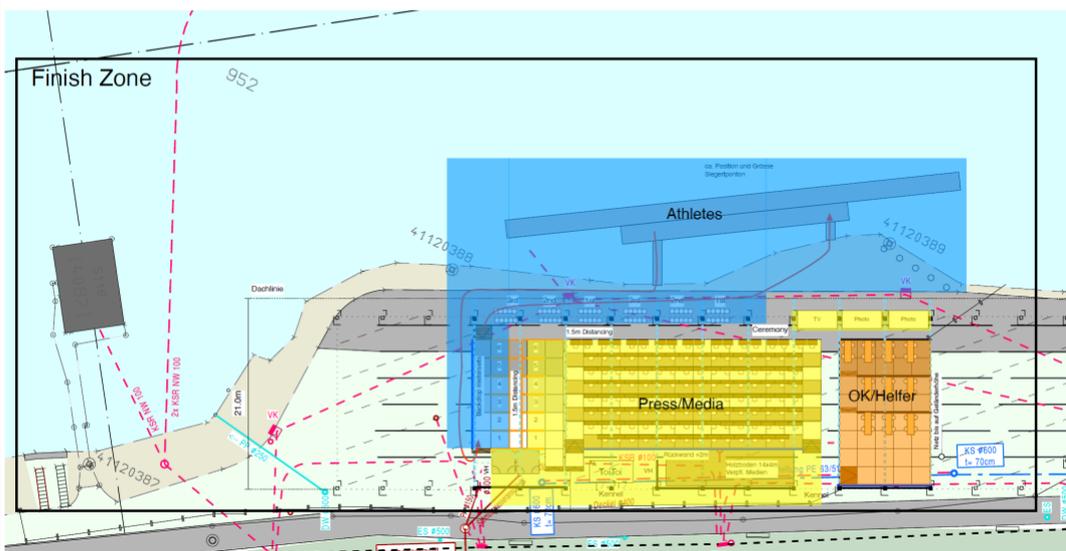
5.4.3 Finish Zone - overview

Demarcated Finish Zone with grandstand and the different areas

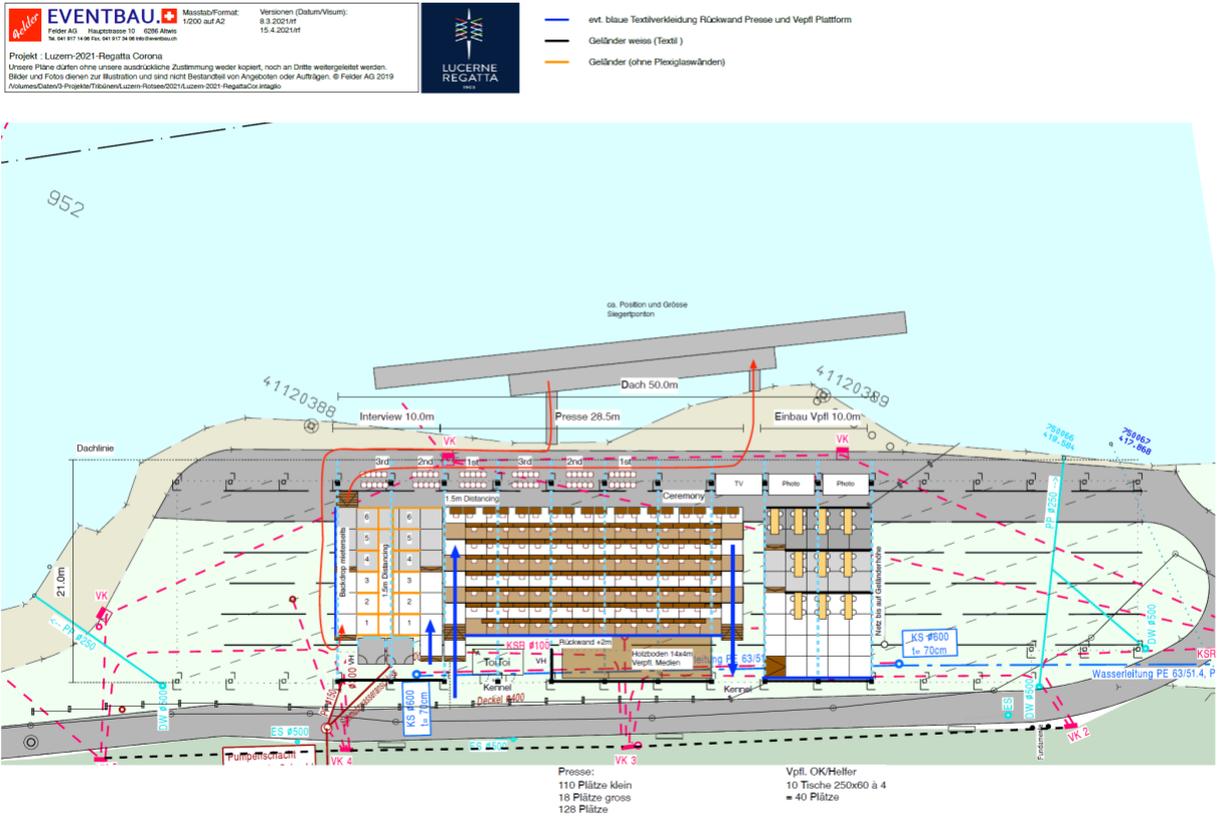
EVENTBAU Maßstab/Format: 1:500 auf A2
 Versionen (Datum/Version): 8.3.2021/1F
 15.4.2021/1F
 Projekt: Lucerne-2021-Regatta Zonen
 Unsere Pläne stellen eine sorgfältige Zustimmung wieder kopiert, noch an Dritte weitergegeben werden.
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- Press/Media
- Athletes Bubble
- OK/Helfer



5.4.4 Finish Zone - grandstand details



5.4.5 "Eishausweg" - public area

Regatta course between the ferry and the north entrance of the Finish Zone. Accredited persons are not allowed to stay in this area, except to go directly from the accreditation point to their working spot in the Finish Zone when first collecting accreditation or to go from their working spot in the Finish Zone to the PCR testing. People who are only accredited for the Boat Storage - Start Zone are not allowed in this area.



5.5 Accreditation office

The accreditation office will be set up next to the Boat Storage Zone but outside the event area in a tent.

5.5.1 Accreditation Boat Storage Zone for the people group "World Rowing" and "Teams"

- ▶ Accreditation will take place in a tent next to the Boat Storage Zone, but outside the accreditation area
- ▶ Accreditation takes place via counters with installed protective partition wall
- ▶ The accreditation office will only be visited by the designated team manager or one team representative.
- ▶ Compliance with the minimum distance is marked
- ▶ The overriding principles according to section 6.2 apply, in particular the obligation to wear masks.

- ▶ Disinfection of hands with hand sanitizer is mandatory before entry

5.5.2 Accreditation Finish Zone for the people group “World Rowing” and “Media”

- ▶ Accreditation will take place in a tent next to the boat storage area, but outside the Boat Storage Zone, but separately.
- ▶ See 5.7.2

5.5.3 Accreditation office for the people group “Organiser” (OC, volunteers, suppliers)

- ▶ Accreditation will take place in a tent next to the boat storage area, but outside the Boat Storage Zone, but fully separated.
- ▶ See 5.7.2

5.6 Regatta Office

The regatta office can be reached during official opening hours at info@lucerneregatta.com or via telephone+ 41 41 420 17 61. Personal contact should be avoided as much as possible

- ▶ Access to the regatta office is only possible in urgent cases and is only possible via registration at the Info Desk in the foyer at the bottom of the stairs.
- ▶ Those waiting must remain in the waiting area near the foyer until they are called through. They must disinfect their hands before going up to the regatta office and clean the counter of the outside of the regatta office first before making contact.
- ▶ All counters in the regatta office are secured with a protective partition installed.
- ▶ Crew Change Forms must be submitted electronically via registration@worldrowing.com.
- ▶ Medical substitutions and withdrawals should first call the World Rowing Doctor; the phone number will be confirmed at the event.

5.7 Info Desk / Information

The Info Desk regulates access to the regatta office (registration/waiting area) and to the athletes' catering.

All information will be communicated paperless whenever possible via the official communication channels such as WhatsApp group, websites: worldrowing.com, lucerneregatta.com and mobile apps for iOS and Android. Further details will be released closer to the event.

5.8 Boat storage

- ▶ The boat racks will be allocated by the OC and will be marked clearly for each team, the boats will be distributed over all available boat racks.
- ▶ The minimum distance of 1.5 meters must also be maintained at all times also in the boat storage area.
- ▶ The OC shall carry out regular inspection tours to ensure compliance with the minimum distance requirements.

5.9 Luggage storage/Bag Drop

- ▶ Luggage storage volunteers must wear rubber gloves in addition to the required mouth/nose protection.
- ▶ Special waiting areas are marked to ensure compliance with the minimum distance requirements.
- ▶ Disinfection of hands must be carried out before and after handing over luggage.

5.10 Athlete scales/weighing

- ▶ The weighing staff is separated from the scale by protective partition wall
- ▶ Only one crew at a time can enter the weighing area for the weighing process
- ▶ The waiting area is partitioned off to ensure compliance with the minimum distance
- ▶ The desk of the weighing staff as well as the equipment and machines are cleaned periodically

- ▶ The scale must be covered with a disposable sanitary towel that is renewed after each weighing operation
- ▶ Grip zones, e.g. the bucket handle for the tare weight, must be disinfected by the weighing staff after each use

5.11 Water – in and - out pontoons

- ▶ The number of persons per pontoon will be limited to ensure that the minimum distance is maintained
- ▶ The members of the Control Commission will enforce compliance with this rule. Everyone must comply with their instructions
- ▶ The mouth-nose protection may only be removed by the athletes when the boat is on the water and athletes are sitting in the boat.
- ▶ Material containers will be provided on the release pontoons so that the athletes* can deposit their personal belongings and these can then be transported to the exit pontoon. No loose items may be deposited on the pontoons.

5.12 Motorboats

- ▶ The wearing of a mouth-nose protection is obligatory for all motorboat drivers
- ▶ In principle, the wearing of a mouth-nose protection is also obligatory for the Umpire. However, this may be temporarily removed if this is necessary for communication and audibility.
- ▶ The carriage of additional persons (except Umpires) on the motorboat is prohibited.
- ▶ The driver is responsible for disinfecting the driver's cab (steering wheel, handholds, seat and gear lever).
- ▶ The driver is further responsible for the disinfection of the flags, the bell as well as megaphones and paper holders in case of a change of Umpire.

5.13 Victory ceremonies (details to be finalised with World Rowing on site)

All persons in the athlete area of the Finish Zone require a negative PCR test for accreditation.

- ▶ The medal presentation will be contactless. Medal tables will be prepared on the pontoon.
- ▶ After being called up, the athletes go to the medal bowls and collect their medals themselves.
- ▶ The medal cases will be cleaned and disinfected after each award ceremony.
- ▶ Gestures of recognition, e.g. shaking hands, must be avoided
- ▶ Athletes can only remove their mouth/nose protection for photos if they can keep the necessary distance from other crews.
- ▶ The 3 crews must adhere to minimum distance requirements from other crews during group photos.

Media access to the Victory Ceremony area is restricted to World Rowing. They strictly remain 1.5 m outside the athlete area. A zone will be prepared to allow media interviews of athletes while maintaining social distance.

5.14 Athlete Water Distribution

As it is not possible for coaches or other team members to be at the Finish Area to distribute water to crews after they finish racing, the organizer will make available water in single use bottles that crews can collect from the Victory Ceremony Pontoon after their race before they move in to the cool-down traffic pattern.

5.15 Timing systems and installations

- ▶ The desks for timing split and finish times are separated in the finish tower by protective partitions
- ▶ Input devices must be disinfected after each change of user

5.16 Team tents

To ensure compliance with COVID regulations, team tents will be set up and provided only by the OC. Teams are not allowed to bring and set up their own tents.

- ▶ A team tent area will be created with clear allocations and accesses to ensure social distancing
- ▶ Tents of 5x5m are provided by the OC at a cost of CHF 450 per event or CHF 600 for both events (WRC and FOQR). Electricity will be supplied by the OC at a cost of CHF 150 per event or CHF 200 for both events
- ▶ The OC will do everything to ensure that the distance between the tents is maintained
- ▶ The tents will be regularly disinfected by the OC (cycle to be defined according to the order of the provider).
- ▶ Disinfection of hands is compulsory when entering and leaving the team tent area

5.17 Team Manager Meeting/Draw

- ▶ The Team Managers Meeting and Draw, and any daily Team Managers Meeting, will be conducted virtually
- ▶ Depending on the situation, it may also be decided, after consultation with World Rowing, to hold the team managers' meeting in the foyer of the boathouse.

5.18 Medical service

Medical care at the venue is provided by the OC. Masks and gloves must be worn by the medical team when attending a patient.

The deployed medical teams will be divided between the Finish Zone and the Boat Storage Zone. Mixing of medical personnel from different Zones is to be avoided.

The detailed deployment will be regulated in a separate concept for medical services.

5.19 Isolation room

In the event that a person develops symptoms of illness while on the event site, a separate isolation tent will be set up, outside the Boat Storage Zone. The purpose of this isolation tent is to allow the affected person/persons to wait in a separate area until the further measures to be initiated take effect.

- ▶ The first-aid room must not be used as an isolation room.

5.20 Meetings in general

The overriding principle according to section 6.2 and the general hygiene requirements according to section 7.1 apply at all times.

5.21 Transport between venue and accommodation

In principle, there will be no provided transport service. All Teams are requested to book accommodation in the city area. You will receive a guest card from the hotel, which allows you to use the public bus free of charge. These bus rides usually take only 5 - 10 minutes.

If a team nevertheless wishes to have its own means of transport, the OC will assist them in organising the transport, provided the need is notified to the OC before 1 May 2021. These transports are subject to a fee. Please contact info@lucerneregatta.com for this purpose.

In any case:

- ▶ Before boarding the means of transport, care must be taken to disinfect the vehicles sufficiently. Pay special attention to frequently touched surfaces such as doors, handrails, push buttons.
- ▶ The wearing of a mouth-nose protection is obligatory in public transport as well as in the means of transport of the OC
- ▶ The number of people in the means of transport must be limited to ensure compliance with the minimum distance rule. Passengers are therefore requested not to use adjacent seats.
- ▶ Grip zones are disinfected at the end of a transport operation
- ▶ The driver's doors remain closed and the seat next to the driver is not occupied

5.22 Use of changing rooms / showers

Teams are requested to change clothes and/or shower in their accommodation. In exceptional cases and upon request, the showers on the event site may be used, for example if departing immediately from the venue to the airport.

The overriding principles according to Clause 6.2 and the general hygiene requirements according to Clause 7.1 as well as the specific requirements for the cloakrooms according to Clause 7.5.2 apply.

- ▶ If necessary due to the situation, changing rooms/showers will be closed off completely.

5.23 Massage tables / Ice baths/pools

The overriding principles according to section 6.2 and the hygiene requirements according to section 7.1, as well as the specific requirements for physiotherapeutic treatments according to section 7.5.3, apply.

- ▶ To ensure social distancing, no ice baths/pools are allowed at the venue.
- ▶ Massage tables are offered by the OC for use in the team massage area at the boathouse.
- ▶ It is the responsibility of the Teams to ensure that all surfaces in the team massage area are disinfected before and after they are used.
- ▶ All people using the team massage area must wear masks, including the therapist and the athlete.
- ▶ If necessary due to the situation, the premises can be closed for physiotherapy treatments.

5.24 Nations Dinner and other functions

To eliminate all issues of social distancing and transmission at a non-necessary event, no social function or ceremony such as the Nations Dinner or Jury Outing shall be held.

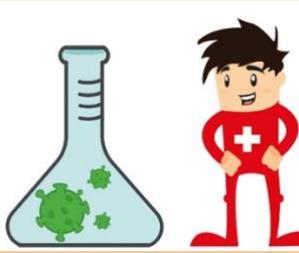
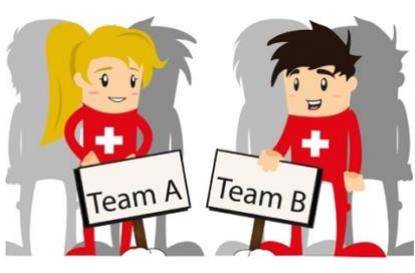
6 Protective measures

6.1 Basics

Protective measures aim to prevent the transmission of the virus. The measures shall be planned in such a way that technology, organisation, other conditions, social relations and the influence of the environment on the regatta site are properly linked.

The first thing to do is to take technical and organisational protective measures. Personal protective measures should only be used if other measures are not possible and adequate protective equipment is available. They are less efficient than substitution and technical or organisational measures. All persons concerned must comply with the necessary instructions on the protective measures.

The protection goal in the event area is to prevent transmission of the new Corona virus by keeping a distance, keeping clean, cleaning surfaces and maintaining hand hygiene.

S	S stands for substitution (e.g. telephone and video conferencing).	
T	T are technical measures (e.g. separate zones event area, open door, way markings).	
O	O are organisational measures (e.g. separate teams, changed shift planning, staying at home if symptoms occur).	
P	P stands for personal protective measures (e.g. keep your distance, hygiene masks, gloves).	

All persons involved in the event must have the necessary knowledge for the correct use of protective equipment and be appropriately practiced in its use. If this is not the case, protective equipment may lead to a false sense of security and basic, effective measures (keeping distance, washing hands) may be neglected.

6.2 Principles

The following rules of conduct must be observed in both professional and private life:

- ▶ Keep distance (1.5 metres)
- ▶ Wear a face mask at all times over nose and mouth, and especially if spacing is not possible and in public transport.
 - Masks with valves should not be used. Additionally, scarves, buffs and other clothing are not acceptable to be worn as masks. The requirements for the wearing of masks by the FOPH are here [Masks \(admin.ch\)](#)
- ▶ Thorough hand washing and regular hand disinfection.
- ▶ Avoid shaking hands
- ▶ Coughing and sneezing into a handkerchief or the crook of your arm
- ▶ Use/application of personalised drinking bottles (no sharing)
- ▶ Prohibition of open food in shared premises

Additional information on the FOPH's rules of hygiene and conduct can be found in Appendix **Error! Reference source not found.** on the [FOPH website](#).

6.3 Symptom-free to the event

As a general rule, all persons with symptoms of illness in accordance with section 4.4 not permitted to enter the event. They must stay at home, in the accommodation or in isolation.

In case of questions, the OC or the COVID Officer of the OC can be contacted.

covid@lucerneregatta.com.

7 Hygiene

7.1 General hygiene requirements

- ▶ The hygiene and conduct rules of the FOPH must be observed
- ▶ Masks are compulsory in all enclosed premises.
- ▶ The FOPH's current posters on the rules of hygiene and conduct are to be displayed in several places, in particular at the entrance to the training/event infrastructure and at the entrances to and in the premises. The posters and further information on the FOPH's hygiene and conduct rules can be found at <https://bag-coronavirus.ch/>.
- ▶ Hand hygiene a primary measure for preventing and controlling the spread of infection. Appropriate signage is to be positioned
- ▶ Hand disinfection stations are to be placed at various locations, in any case at the entrance to the training/event site and in front of or in each room
- ▶ The responsibilities with regard to maintenance and refilling of hand disinfection stations are to be regulated by the OC
- ▶ It must be ensured that the premises used are properly cleaned and disinfected. Special attention must be paid to frequently touched surfaces such as doors, handrails, push buttons, etc.
- ▶ Doors should be kept open whenever possible to avoid contact with door knobs and handles and to ensure optimal ventilation of the rooms.
- ▶ Disinfection and cleaning of the premises and materials must be carried out in accordance with the recommendations of the competent health authorities.

7.2 Hand hygiene

All persons at the event clean and disinfect their hands regularly.

- ▶ There is a waiver of the usual handshake or hug at the greeting.
- ▶ All persons entering the area must disinfect their hands with hand disinfectant or wash their hands with soap and water. Hand hygiene stations will be set up at the entrances for this purpose.
- ▶ All persons at the event should wash their hands regularly with soap and water for a minimum of 20 seconds. This is particularly the case before arriving at the regatta site, spectator area, between serving customers, before and after meetings as well as before and after breaks. In workplaces where this is not possible, hands must be disinfected.

7.3 Mandatory masks

Masks are compulsory for all persons on the entire event perimeter as well as in means of transport and/or in vehicles (for more than 1 person), and at hotel or accommodation unless in your own room.

Excluded from this are:

- ▶ from leaving the jetty until the return for the athletes
- ▶ athletes while using a warm-up ergometer
- ▶ The protective mask can be removed when eating and drinking
- ▶ The speakers in the area of the finish tower are protected from each other by protective partitions. They may remove their mouth guard during the commentary if required.
- ▶ Persons who can prove that they cannot wear a face mask for special reasons, in particular medical reasons. A current Covid test not older than 72h must be able to be presented along with a medical certificate showing that a mask is unable to be worn if required.

- ▶ Children under 12

Observe the following instructions when handling masks:

- ▶ **Use:** It is important that the mask always covers the nose and mouth. Always wash or disinfect your hands before putting on and after taking off the mask. Touch the mask as little as possible. Textile masks can be used several times as they can be washed. Medical masks should only be used once.
- ▶ **Multiple use:** If the mask is used several times, for example because it has only been worn for a short time, then hand hygiene and correct use and storage are important: wash or disinfect hands before and after putting on and taking off the mask.
- ▶ **Storage for repeated use:** Ideally, after use, hang the mask on a hook where it will not touch other objects. If this is not possible, the mask can be stored in a paper bag or envelope. Plastic bags are not suitable for storage because they are not air-permeable and the masks do not dry in them. The viruses also survive longer on plastic than on paper.
- ▶ **Duration:** Medical masks can be worn for up to four hours. It is important to ensure that the mask is not moist - the wetter the mask, the less protective it is.

Instructions:

- [Removing disposable gloves correctly](#)

7.4 Hold distance

All persons keep 1.5 m distance from each other. Keep a distance from other people whenever possible, even when wearing a mask.

7.5 Cleaning

Regular cleaning of surfaces and objects after use as required, especially if they are touched by several people. Safe disposal of waste and safe handling of work clothes. Cleaning/disinfection is ensured by volunteers and in sensitive areas by a professional company. The concept will be adapted to the current situation and adopted by the end of March 2021.

Transport vehicles are disinfected/cleaned by Civil Defence persons, especially door handles, steering wheel, gear knob and fittings. If possible, the vehicles are to be assigned to a permanent driver.

7.5.1 Surfaces and objects

- ▶ Clean surfaces and objects at the personal workplace (e.g. work surfaces, keyboards, notebooks, telephones and work tools) regularly with a commercially available cleaning agent, especially when shared (responsibility: with the user). Suitable cleaning cloths are provided.
- ▶ Do not share cups, glasses, dishes or utensils; wash dishes with soap and water after use.
- ▶ Door handles, lift knobs, stair railings, coffee machines and other objects that are often touched by several people must be cleaned regularly

7.5.2 WC facilities & changing room / showers

The overriding principles according to section 6.2 as well as the general hygiene requirements according to 7.1. must be observed also in the dressing rooms (if these are not closed). If ever, the time spent in the dressing rooms after training/racing should be reduced to a minimum.

- ▶ Groups of people are to be avoided and the spacing rules are to be observed
- ▶ The users of the facilities must divide themselves equally or depending on the space available between the various cloakrooms.
- ▶ Regular cleaning of the toilet facilities and changing room and professional disposal of waste in accordance with the cleaning concept.

7.5.3 Premises for physiotherapy treatments

The overriding principles according to section 6.2 and the general hygiene requirements according to section 7.1 must be observed in the team massage area/physiotherapy premises. In addition, the following applies:

- ▶ Special attention must be paid to the cleanliness of this area as it is a risk area due to interaction with athletes.
- ▶ The physiotherapist and the athlete* being treated must disinfect their hands before and after treatment. The treatment table must be protected with a clean towel or disposable paper towels, which are placed in the laundry basket or disposed of after each treatment.
- ▶ Uncovered areas of the treatment table are wiped with an alcohol-based disinfectant after each treatment.

7.5.4 Warm-up / cool-down area in the Boat Storage Zone (ergometer)

The overriding principles according to section 6.2 and the general hygiene requirements according to section 7.1 must be observed in the area. The event is set up in an open and spacious tent.

Additionally applies the following:

- ▶ The use of the area is reduced as much as possible
- ▶ In the area, special care must be taken to ensure ventilation
- ▶ The tent must be well ventilated at all times
- ▶ When using the area, the maximum number of people who may be in the warm-up area at the same time must be clearly indicated at the entrance door. To determine this number, a space requirement of 10m² per person must be assumed.
- ▶ The disinfection of the equipment used is ensured by volunteers

7.5.5 Other closed premises

For all closed rooms and areas with restricted occupancy, the overriding principles according to Clause 6.2 and the general hygiene requirements according to Clause 7.1 apply. All rooms and areas with restricted occupancy are marked with the maximum possible occupancy; only the defined number of people may be in the room/area.

7.5.6 Dining areas

The protection concept for the hospitality industry of Gastrosuisse must be adhered to.

When the team eats together, a maximum of 4 people may be seated per table and in the absence of protective measures (Plexiglas), a minimum distance of 1.5 meters must be set up between the tables.

The concept will be adapted to the current situation and adopted by mid-April. See Annex 10.2

7.5.7 Waste

There will be no waste separation on site. The separation of waste is ensured externally by the contracted waste management company, Dräcksak by Düring AG.

- ▶ Empty all waste bins regularly, especially at hand washing facilities.
- ▶ Avoid handling waste without gloves; use tools (broom, shovel, etc.) whenever possible.
- ▶ Used gloves and protective masks are disposed of separately in the containers provided for this purpose.

8 Preventive measures and medical prescription

The organizer will base his measures on the current specifications and requirements stipulated by the FOPH and the Canton of Lucerne. It is important that all participants in the event adhere to the specifications.

8.1 SwissCovid App

For the person group "organiser", the use of the "SwissCovid App" is recommended in addition to compliance with the overarching principles in accordance with section 6.2

8.2 Compulsory vaccination / vaccinated persons

Compulsory vaccination does not exist at present and is not an issue at the moment.

8.3 Exception to the quarantine requirement

According to the "Ordinance on Measures to Combat the Coronavirus (Covid-19) in International Passenger Traffic ([SR 818.107.27](#))", persons entering Switzerland who have been in at any time within 10 days prior to entry are subject to a quarantine obligation. However, the Ordinance allows exemptions from the quarantine obligation in certain cases.

The requirement of a professional activity is fulfilled if professional or semi-professional athletes and their indispensable companions (e.g. coaches, heads of delegations) enter the country for the purpose of participating in an official sporting event or an international competition.

Application form See Annex 10.10 or under Self-assessment for exemption from quarantine obligation.

8.4 Clinical examinations

It can be assumed that many patients are already infectious with the coronavirus two to three days before an infection is diagnosed. One of the reasons for this is that patients only consult a doctor after the onset of clinical symptoms (fever, breathing difficulties, etc.).

The CMO (or a person appointed by the CMO) of the OC will supervise the clinical examination. These checks include the questioning of medical conditions and symptoms of illness as well as the taking of a temperature. The findings must be documented.

8.5 PCR test

According to the current recommendations of the FOPH, no precautionary, systematic PCR tests during the course of the event are prescribed, other than the requirement for a negative test within 72 hours of arriving at the venue for both events ie. even if attending the FOQR a second negative PCR test within 72 hours of arriving at the venue for the WRC II is required. A negative test does not rule out infection and could give the person tested a false sense of security, so that they no longer comply with hygiene and behavioral rules, e.g. keeping their distance.

Tests during the event should only be carried out in the following cases:

- ▶ for COVID-19 compatible symptoms
- ▶ After reporting a contact with a COVID-19 case through the SwissCovid App or through contact tracing at the event
- ▶ If required for return travel either for airlines or border control of the return country
- ▶ For preparation for attending the following event.

In addition, the doctor of the Canton of Lucerne can have tests carried out depending on the situation:

- ▶ After close contact with a confirmed case
- ▶ After exposure in connection with an outbreak
- ▶ Persons in quarantine

The OC may, as part of his duty of care, have further persons of the people group "Organiser" tested for COVID-19. Such test must then be carried out in an accredited laboratory using a validated method.

8.5.1 PCR test before the event

The persons of the people groups "Teams", "World Rowing" and "Media" must undergo a mandatory PCR test within 72 hours before the event, for each event. The proof of the negative result has to be submitted in form of a written, hardcopy certificate at the accreditation desk in order to receive an accreditation to the event.

See 5.3 Access authorisation / accreditations

8.5.2 Process PCR test

PCR Testing will be available for members of the group Teams, Media and World rowing , who will be required to have a negative test prior to their departure, for their flights or for entry into their home countries.

The test center for this is located at the Boat Storage Zone, but is outside the accreditation Zone, and will be marked accordingly. These PCR tests will be carried out by Synlab, an accredited Laboratory in Switzerland.

The coordination of the swab collection and the analysis order for symptomatic athletes and team members is always carried out by the CMO. The CMO must ensure that the swab collection is always carried out by the same office (medical service).

8.6 Procedure in case of symptoms and possible infection (suspected cases)

If a person or a group of persons develop symptoms of a disease compatible with COVID 19 in accordance with section 4.4 these persons must remain at home or in their accommodation or go into isolation. Under no circumstances may they go to the event site. Persons with COVID-19 compatible symptoms must immediately call the CMO or the medical officer and follow their instructions. They should get tested as soon as possible and must stay at home or at their accommodation and avoid contact with other people until the test result is available. If symptoms of illness occur during the event while at the venue, these persons are to be isolated immediately and avoid contact with other persons. Under no circumstances may they enter closed rooms (e.g. cloakroom) together with other persons and/or travel back in group transport (team bus). Further information on how to proceed in case of symptoms can be found on the FOPH website.

8.7 Procedure in case of a positive test result

The person tested positive shall immediately inform the CMO of the OC if the swab collection has not already been coordinated by the CMO.

- ▶ The person goes into isolation and follows the corresponding instructions of the FOPH.
- ▶ The CMO shall inform CTO and advise them of the further procedure. No information may be passed on to the media.
- ▶ Either the CO or the CMO will inform the COVID 19 Officer of the LUCERNE REGATTA Association of the positive case in an anonymous form (distinction athlete*s /staff member).

Information to the public will be provided by World Rowing in consultation with the OC. The anonymity of the person tested positive must be preserved, unless the person concerned and the organizer/World Rowing jointly decide on a different procedure.

8.8 Procedure in case of a negative test result

The [instructions of the FOPH](#) must be followed.

8.9 Procedure in case of contact with an infected person

- ▶ The CMO of the OC shall immediately contact the responsible cantonal doctor and clarify whether athletes*/team members are considered close contacts (Contacts of less than 1.5 meters and for more than 15 minutes (single or cumulative) without suitable protection (e.g. partition or both persons wearing a face mask) according to the FOPH definition.
- ▶ If athletes/team members are identified as close contacts, the CMO shall inform the person(s) concerned immediately and explain the further procedure or refer to the [FOPH's instructions on](#) quarantine.
- ▶ The CMO also immediately informs the OC of the quarantine ordered by the cantonal doctor for further persons.
- ▶ The OC is obliged to forward the written orders of the cantonal medical officer concerning the ordered quarantine for further affected persons.

The procedure and the detailed flow of information are documented in the annex.

9 TV/media guidelines

All persons must be informed by their respective clients about the requirements of this protection concept and are obliged to comply with them at all times. Misconduct may result in a ban on entering the event site.

Access to the event site may only be granted to registered/accredited persons. They must be in possession of a signed self-declaration and be able to identify themselves. Accreditation must be ordered in good time and can be collected on the day of the event at a specified location. Only those persons who are required for the production on the event site will be admitted to the event site. All other persons who are not required for the production on the event site will not be admitted to the event site and will not receive an admission authorisation.

9.1 TV production

The TV production units are obliged to send the OC a dispo list with first and last names (incl. function) electronically two days before the event by 12.00 noon at the latest. The template provided by the OC must be used. On arrival at the event site, the TV recording manager shall hand over to the contact person of the OC the signed self-declarations of all employees who are on the dispo list and who have to work at the event site. Any changes must be reported to the OC immediately. The TV production units, or their production companies, are themselves responsible for ensuring that the protective measures are also implemented and complied with outside the event site and in the outside broadcast vans in terms of organisation or construction.

9.2 Media

World Rowing is responsible for the organisation of media accreditations.

Media representatives (print, online, radio, photo) can submit an accreditation application electronically to World Rowing by the specified deadline. No admission to the event area can be granted without confirmation.

9.2.1 Jobs

Media professionals shall be provided with a workplace for carrying out their media work in compliance with the overriding principles pursuant to section 6.2. The allocation of workplaces must be documented. Media professionals are required to wear masks; exceptions are listed in section 7.3.

9.2.2 Interviews

For interviews during Finals, the area defined on site in the Finish Zone is to be used; the instructions of the persons in charge are to be followed and complied with.

Interviews can in principle only be conducted in compliance with the FOPH's hygiene and conduct rules, especially the distance rule. The interviews must take place outdoors in the specified areas and sufficient distance must be maintained at all times.

Media professionals are required to wear masks, exceptions are listed in section 7.3.

10 Annexes

- 10.1 Requirements/duties Organiser (For internal use only)
- 10.2 Detailed concept for gastronomy / catering (for health authority only / German only)
- 10.3 Sick organiser trail (for health authority and internal use only)
- 10.4 [Sick athlete trail](#)
- 10.5 Contacts / contact persons (for health authority and internal use only)
- 10.6 [Self-assessment form for exemption from the quarantine obligation](#)
- 10.7 [Self Assessment form for group Organiser](#)