

# FIAS MEDICAL AND ANTI-DOPING COMMITTEE

## TO THE NATIONAL FEDERATIONS OF SAMBO AND COMBAT SAMBO TO THE NATIONAL SAMBO TEAMS

**Dear friends!**

**Due to the aggravation of COVID-19 in the world and in particular in Europe, we consider it necessary to introduce additional health and sanitation measures at all international sambo competitions.**

I would like to draw your attention to the fact that, in most European countries, there have been recorded the cases of infecting with this dangerous disease. The greatest amount of the infected is in Italy, France, Germany and Spain. People in more than 100 countries have already been infected with COVID-19. A number of world and non-governmental organizations, including health organizations, have begun to use the word (pandemic) instead of (epidemic). This means that the situation is complex and not controlled and has reached a massive international scale FIAS Medical and Anti-Doping Commission introduces additional requirements for participants in international sambo competitions and other FIAS events, namely:

### **Recommendations and requirements for national teams participating in international sambo competitions:**

- a. *the participants must have minimal personal medical kits (respiratory mask, hand sanitizer, nasal antiviral drops, ointments);*
- b. *the team's doctor or the official representative must have antiviral drugs, hand sanitizers, respiratory masks, gloves, electronic contactless thermometers and other first-aid medications;*
- c. *we warn of the inadmissibility of arriving of sick athletes, coaches or other team members at competitions;*
- d. *in case of detection of elevated body temperature in athletes, coaches or other participants of the teams they will be disqualified of the competition and isolated;*
- e. *we warn all participants (athletes, coaches, referees, representatives, other tournament participants) about the introduction of a daily medical examination in the form of body temperature measurement before entering the sports arena;*
- f. *we recommend that all participants in the competition avoided or minimized staying in large crowds (public transport, shopping malls, super and hypermarkets), stayed in such establishments in respiratory masks;*
- g. *we recommend you use hand disinfectant sprays regularly during flights and at airports;*
- h. *do not eat not washed vegetables and fruits;*
- i. *we recommend that all participants follow the rules of personal hygiene in the official championship hotels;*
- j. *we recommend that you stick and not use the ventilation systems in the hotel;*

- k. *we recommend that you follow the rules of personal hygiene in hotel restaurants and other food establishments;*
- l. *in case of weakness, cough, fever, dizziness, indigestion and other suspicious symptoms in team members, immediately inform medical staff, medical delegate, coach or team physician;*
- m. *we ask you to be careful and attentive, and in case of suspicion of one of the participants in the concealment of the disease, inform FIAS medical delegate;*
- n. *team members should be instructed by the team doctor or other responsible persons.*
- o. *national team members and the delegation should be informed of the possibility of disqualification and further isolation in case of detection of COVID-19 symptoms*
- p. *in case of arrival of a sick person, the national sambo federation and its official representative are responsible for the life and health of the athlete or the delegation.*
- q. *if athletes or members of the official delegation get infected during the competition, they will be provided with medical assistance by the appropriate medical establishment in the city that hosts the sambo sports event.*

***IN THE CASE OF IMPLEMENTATION OF OTHER MEDICAL AND SANITARY MEASURES, THE TEAMS WILL BE INFORMED IN ADVANCE.***

The organizers of the competition, the chief referee of the competition, the medical delegate and the medical teams serving the tournament are responsible for coordinating and controlling the implementation of these measures and requirements.

These requirements are an official document of FIAS Medical and Anti-Doping Commission and are mandatory for all participants in sambo activities. Failure to comply with the requirements may be a reason for disqualification of the participants of the competition.

**Approved by FIAS Medical and Anti-Doping Committee on 9<sup>th</sup> of March 2020.**

**The following sites remain the best sources of the latest information:**

- Coronavirus 2019 –(from World Health Organization -WHO)  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Novel Coronavirus (2019-nCoV) situation reports – (from World Health Organization -WHO)  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>
- Travel restrictions, flight operations and screening – (from SOS International)  
<https://pandemic.internationalsos.com/2019-ncov/ncov-travel-restrictions-flight-operations-and-screening>
- Destination List – (from Centers for Disease control and presentation (CDC))-  
<https://wwwnc.cdc.gov/travel/destinations/list>