

FIAS MEDICAL AND ANTI-DOPING COMMITTEE

TO THE ORGANIZERS OF SAMBO AND COMBAT SAMBO INTERNATIONAL COMPETITIONS AND TO LOCAL AUTHORITIES OF THE CITY HOSTING THE INTERNATIONAL SAMBO COMPETITIONS

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.

We 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. Currently 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:

Additional medical and sanitation measures at sambo competitions:

- a) *purchase of contactless thermometers (3-4 pcs.) for rapid temperature measurement in the participants of the competitions;*
- b) *daily check of body temperature of athletes both (on weighing, in the morning before entering the sports arena, selectively during the day);*
- c) *daily check of body temperature of judges;*
- d) *checking the body temperature of staff, journalists, and any other persons in the competition or warm-up area;*
- e) *measurement of body temperature by contactless thermometers should be carried out by medical personnel or security at the entrance to the sports arena;*
- f) *in case of elevated body temperature in athletes, judges or any other person, they should be disqualified from participating in the competition due to medical conditions and isolated from other participants of the tournament;*
- g) *competition area, warm-up area, locker rooms must be treated with chlorine every day;*
- h) *the competition area, warm-up area and dressing rooms should be equipped with portable quartz lamps, which should be switched on all night. The number of lamps must correspond to the area of the room;*
- i) *competition areas, warm-up areas, dressing rooms, toilets and showers should be equipped with hand sanitizers;*
- j) *medical personnel should be provided with face masks, contactless thermometers, gloves, disinfectants and other necessary medical and antiviral drugs;*

- k) *competition organizers must have officially confirmed information from the city's medical facilities, proving their readiness to provide immediate medical assistance to the participants of sambo tournament in case they become infected with COVID-19;*
- l) *health facilities serving the tournament must have artificial lung ventilators, antiviral medications, COVID-19 diagnostic tools and other necessary infectious diseases control tools;*
- m) *we recommend judges, officials and staff of sambo competition to observe personal hygiene rules and have personal minimum medical kits (respiratory masks, wet wipes, hand sanitizers, antiviral nasal drops and ointments, etc.);*
- n) *tournament organizers are not recommended to organize spectators and fans in the stands of the tournament;*
- o) *there should be at least 2 doctors and 4 nurses at the competitions, a resuscitation team with resuscitation equipment, 2 ambulances.*
- p) *all of the above activities should also be extended to hotels and their restaurants where delegations and judges will reside;*
- q) *the medical delegate and other physicians at the tournament should advise judges and staff on personal hygiene rules to prevent infection with the virus;*
- r) *the FIAS medical delegate must arrive and inspect all facilities related to the tournament (hotels, restaurants, sports complex, weighing areas, etc.)*

IN CASE OF IMPLEMENTATION OF OTHER MEDICAL AND SANITARY MEASURES, THE TEAMS AND ORGANIZERS 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 and organizers of sambo competitions. 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 9th 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>