



HEALTH MEASURES DURING THE ASIAN SAMBO CHAMPIONSHIPS 2021

This document has the goal to inform, guide, and ensure maximal safety prior and during Asian SAMBO Championships 2021 being held in Tashkent, Uzbekistan, from 1st of June to 9th of June 2021. It has been created following the World Health Organisation (WHO) recommendations, International Olympic Committee recommendation, International Labour Organisation (ILO) and with the participation of the FIAS Medical and Anti-Doping Commission as well as SAMBO Association of Uzbekistan, the organisers of the event.

1. SAFETY MEASURES - GENERAL INFORMATION

- ✓ **NEGATIVE PCR TEST** - Each delegation member is allowed to enter the Uzbekistan only with a negative PCR test conducted within last 48 hours, issued by the approved national laboratory of the respective country. The medical certificate with participants full name and ID number shall be send directly to event organizer via email: uzbek_sambo@mail.ru before arrival to the Uzbekistan or to the official hotel/event venue in case of local residency. Additional two tests will be conducted during the Asian SAMBO Championships 2021 following to rules set by Ministry of Public Health of the Republic of Uzbekistan. The cost for all PCR tests shall be borne by participants.
- ✓ **HEALTH QUESTIONNAIRE** – Each accredited team shall submit signed self-declaration Health Questionnaire confirming that all members of the team in past 14 days did not have any symptoms of COVID-19 and/or have not been in contact with person with symptoms or tested positive for COVID-19. The signed Questionnaire shall be sent to event organizer via email: uzbek_sambo@mail.ru before arrival to the Uzbekistan or to the official hotel in case of local residence.
- ✓ **MANDATORY FACE MASKS** - Each national team and associated personnel are obliged to have a sufficient source of face masks. Mask-wearing is mandatory for everyone participating at the event. The exceptions are given to athletes during their competition/fight/warm-up in dedicated area and mat referee who is using the whistle blower, the rest of the participants shall wear the mask for the duration of the event.



- ✓ **REGULAR TEMPERATURE CHECK** - Athletes are obliged to fill out form that they will receive, where body temperature will be inserted. The body temperature will be measured daily by head of the delegation, in the morning (07:00-09:00) and in the evening (19:00-21:00). The completed form will be shared with the FIAS Medical Delegate or event organiser when requested. The body temperature may be checked by event organizer or FIAS Medical Delegate anytime during the event.

- ✓ **IN CASE OF SYMPTOMS** - In case a COVID-19-like symptom is detected, national team representatives will report this immediately to organisers of the championship and FIAS Medical Delegate. Potentially infected person will then undergo medical check in supervision of FIAS Medical Delegate.

- ✓ **BEHAVIOUR OF ACCREDITED PARTICIPANTS** - It is necessary to follow strict safety measures and respecting the approved standards: such as social distancing, mask-wearing, and hand hygiene. Contact between athletes should be at minimum where only necessary team duties would be carried out. Going outside of "the bubble" is prohibited. Any accredited participant who does not respect the safety measures shall be disqualified from the event or shall conduct additional PCR test on his/her own expenses to be able to return to the "bubble". Spectators will be not permitted to enter the competition venue.

- ✓ **MEDICAL PRE-PARTICIPATION SCREENING** - Medical screening will be conducted by the official medical staff. Screening will be organized in such a way where only categories scheduled for that particular day are able to undergo screening. After FIAS standardized medical screening, body temperature will also be measured. If a participant has a body temperature higher than 38 degrees Celsius, he/she will be then proceeding the medical check supervised by FIAS Medical Delegate.

- ✓ **INSURANCE** - It is the responsibility of the National Federation to ensure that in addition to their normal insurance they have sufficient insurance in place to cover any COVID-19-related costs. The organiser of the event and the FIAS accept no liability for any claims relating to cancellation of the event due to COVID-19 or medical costs for any COVID-19 related illness that may affect a National Federation delegation member during the event. The organiser of the event does not cover any other additional costs related to COVID-19 illness.

- ✓ **SOCIAL DISTANCING** – Physical dictating at least 1.5 meter must be respected all the time during the event. The exception in only given to athletes and referees during their bouts.

- ✓ **MASS GATHERING** – Any unofficial gathering of the accredited participants is prohibited for the duration of the event.



2. SAFETY MEASURES - DURING THE EVENT

- ✓ **ACCREDITATION** - Accreditation will take place in the official hotel. The organising committee will settle the exact schedule of accreditation and the team shall strictly respect the order. Disinfection fluids as well as proper sanitary materials will be provided. A maximum of two (2) representatives of the respective national team with all collected documents (passport, prove of payments, licences) will be allowed to proceed the accreditation process.
- ✓ **ACCOMODATION** - All teams will be accommodated at the hotel rooms where sufficient supplies of disinfection material will be provided. Athletes' nutrition will be in accordance with physical, religious and other dietary needs following the FIAS standards. The accredited participants shall wear the face mask in accommodation area except their own room.
- ✓ **TRANSPORTATION**- Transportation of the athletes and the staff will be done in separate buses. Disinfection of those buses will be conducted twice per day. First one will be after athletes and staff are transported and the second one will be done after daily duties are completed. Only accredited member is allowed to be transported in the buses where mask-wearing will be mandatory. All accredited members are recommended to stay at the competition venue for the duration of the event (one competition day). The event organizer would ensure the food which the participants may purchase during the event.
- ✓ **MEALS** - At the restaurant entrance in the official hotel the disinfection fluids will be provided. Appropriate distance ideally 1.5 meter shall be maintained at the restaurant tables.
- ✓ **TRAINING PROCEDURE** - Training process will take place in alignment with national team plans in separate training facilities, as well as in the training arena. Mats can only be used by the athletes who will have to go through specialised disinfection check points. Coaches and medical staff can also be allowed to access mats.
- ✓ **MEDICAL CARE** - Medical care will be conducted in accordance with FIAS Medical Rules. Each medical team member will wear face mask, while during the interventions, glove-wearing will be mandatory, which will be disposed after the use. A separate medical care room will be dedicated to infectology due to the ongoing pandemic. This room will be clearly marked. All participants having COVID-19-like symptoms will be screened here. If needed, testing samples will be collected here and further analysed in the accredited institutions.



- ✓ **MAT HYGIENE** – All athletes shall pass disinfection checkpoints where shoes will be disinfected. Mat cleaning will take place right before the competition starts and any time needed during the competition as said in FIAS Medical Rules. Disinfection fluids will not harm skin of the participants.
- ✓ **EQUIPMENT SHARING** – Sharing any kind of equipment with other athletes such are SAMBO uniform, gloves, helmet, shoes are prohibited during the Asian SAMBO Championships 2021. FIAS will not provide to the athletes any spare uniform, gloves, helmet, shoes at this event.
- ✓ **DOPING TEST** – Doping tests will be conducted under FIAS Anti-Doping Rules and current WADA standards. All necessary sanitary measures will apply to minimise any risks of spreading COVID-19. The testing will be proceed following the latest WADA / FIAS safety recommendation.
- ✓ **VOLUNTEERS** - The entire organising committee staff who have contact with athletes have to prove negative PCR test up to 48 hours prior to the championship beginning.

The organizers of the competition, the chief referee of the competition, the FIAS 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 mandatory for all accredited participants and organizers of the Asian SAMBO Championships 2021. Failure to comply with the requirements may be a reason for disqualification of the participants of the competition. These safety measures do not replace current FIAS Medical Rules or any document in force approved by FIAS.

The organising committee of the Asian SAMBO Championships 2021 as well as FIAS reserve the right to change above safety measurement based on current epidemic situation in Uzbekistan.

Document approved by FIAS Medical and Anti-Doping Commission on 20 of May 2021.

Alimov A.

