

## **Information & Recommendation to LOCs – Coronavirus (COVID-19)**

### **1. INFORMATION ABOUT THE VIRUS**

#### What is Coronavirus?

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from a common cold to severe diseases such as [Middle East Respiratory Syndrome \(MERS-CoV\)](#) and [Severe Acute Respiratory Syndrome \(SARS-CoV\)](#).

The novel coronavirus (COVID-19) infection was first identified in December 2019.

#### Transmission

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

Studies suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air.

#### Symptoms

The most common symptoms are: fever, tiredness, dry cough.

Eventually: aches and pains, nasal congestion, runny nose, sore throat or diarrhoea.

Symptoms being gradually, some people become infected but do not develop any symptoms.

Most people recover from the disease without needing special treatment (around 80%).

For those developing severe symptoms, medical advice must be sought according to the local public health authority recommendations in relation to COVID-19.

#### Protection measures for everyone

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing
- Avoid touching eyes, nose and mouth
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze
- Avoid physical contact such as handshaking - non-physical greetings are recommended
- Stay home if you feel unwell (self-isolated). If you have fever, cough and difficulty breathing, seek medical advice and call in advance.
- Follow directions of the national and local authorities who have the most up to date information on the situation in the respective area

### Wearing a Mask

People with no respiratory symptoms, such as cough, do NOT need to wear a medical mask. The most effective way to protect yourself is regular washing your hands, and follow the guidelines above.

For more detailed information refer to the World Health Organisation (Q&A) [here](#).

(Source: *who.int*)

## **2. GUIDELINES FOR ORGANISING COMMITTEES**

As a Local Organising Committee you are advised to contact the National Governments and local public health authorities to stay updated in terms of latest developments and local regulations.

The outbreak makes it necessary that additional measures shall be put in place in order to raise awareness of the virus, to identify possible infected persons, as well as to avoid spreading the virus in connection to an event.

We recommend to put in place:

- **Information Sheet for the Teams** on COVID-19 either as a separate Information sheet, or included in the Medical Guide
- **Raise Awareness** in the Team Captain Meetings
- Enlarge availability of **Soap and Disinfection Liquids** around all areas
- Consider distributing a **Questionnaire** (template with suggested questions in the Annex) to hand out with accreditations
- **Review procedures for various operational areas to minimise flow** of people where not necessary and compile Guidelines for the Teams (e.g. World Cup La Thuile as example), including but not limited to:
  - o Accommodation and Dining options that will effectively separate teams
  - o Provision of isolation rooms
  - o Additional medical resources and personnel
  - o The risks posed by large groups of spectators

## ANNEX

### TEMPLATE QUESTIONNAIRE FOR ACCREDITED PERSONS

- Have you recently travelled in the last 30 days to/from any high risk areas (*China, Japan, Korea, Singapore, Bangkok, Iran, North Italy – list might develop*) for COVID-19 ?
  - o If yes, where and when : \_\_\_\_\_
- Have you been in contact with anyone who has travelled to the above high risk areas ?
  - o If yes, where and when : \_\_\_\_\_
- Have you had any recent cold symptoms (cough, runny nose, sore throat, difficult breathing) ?
- Have you recently had fever ?
- Have you been in contact with someone with a proven infection with COVID-19 ?

If there is evidence of an acute infection you will be provided with a mask, the medical personnel are equipped and isolation will be required. The local public health authority will be notified, and their protocols will be followed. An accreditation will not be issued until you have been cleared by the local public health authority.

Athletes and accredited persons should be reassured that declaring travel from high risk area will not preclude participation, but that they should expect to be more closely monitored.

*The personal information provided is treated strictly confidentially by the Local Organising Committee and FIS. It will only be used for the purpose of assessing whether the applicant can be granted or maintain accreditation in view of the COVID-19 outbreak. Local and global public health requirements will determine the length of time the data is retained.*