



# 19th FIS Youth and Children's Seminar

*Delivering FIS Youth and Children competition  
under Covid-19 measures*



# Dimitrije **LAZAROVSKI**

FIS Development Manager

## Housekeeping



All participant cameras and  
microphones have been muted by  
default



Please share your questions with us  
using the chat function to the right of  
your screen

# Agenda

## Opening and welcome note

- Ken Read, *Chair FIS Coordination Group for youth & children questions*

## What are the FIS Prevention Guidelines for season 2021/2022?

- Dr. Jenny Shute, *Vice-Chair of the Medical Committee*

## FIS CROC – Key learning from the season 2020/2021

- H-P Carlson, *President FIS Childrens Races Organizers Committee*

## 2021 FIS Junior World Championships

- Georgi Bobev, *Managing Director and Vice president of OC WJC Bansko 2021, BUL*
- Jyri Pelkonen, *Director of the Olympic Training Center Vuokatti, FIN*

## Questions and Answers

## Summary

- Ken Read, *Chair FIS Coordination Group for youth & children questions*



# Ken READ

Chair FIS Coordination Group for youth & children questions



# Dr. Jenny SHUTE

Vice-Chair of the FIS Medical Committee



# FIS Prevention Guidelines for season 2021/2022

Dr Jenny Shute, *Member of the FIS C-19 Medical Support  
Group and Vice-Chair of the FIS Medical Committee*

# Outcomes 2020-2021

- 2019-2020 season ended prematurely
- C-19 Support Group / FIS developed guidelines for prevention of transmission
- FIS Passport App
- Many events went ahead in 2020-2021 season, thanks to:
  - Great uptake by host resorts
  - Good understanding by all participants, with excellent adherence to general preventive measures and hygiene advice
  - Good adherence to separation of 'bubbles'



# Outcome Season 2020-2021

- 100,000+ PCR test results recorded
- 105 positive cases (around 0.1%)

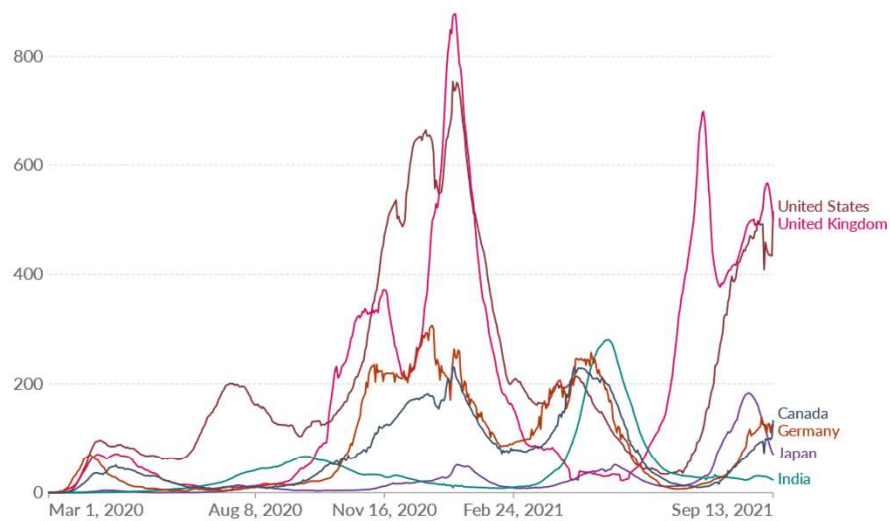
What about the future?

Should FIS update recommendations?

**Is the pandemic over?**

## Daily new confirmed COVID-19 cases per million people

Shown is the rolling 7-day average. The number of confirmed cases is lower than the number of actual cases; the main reason for that is limited testing.

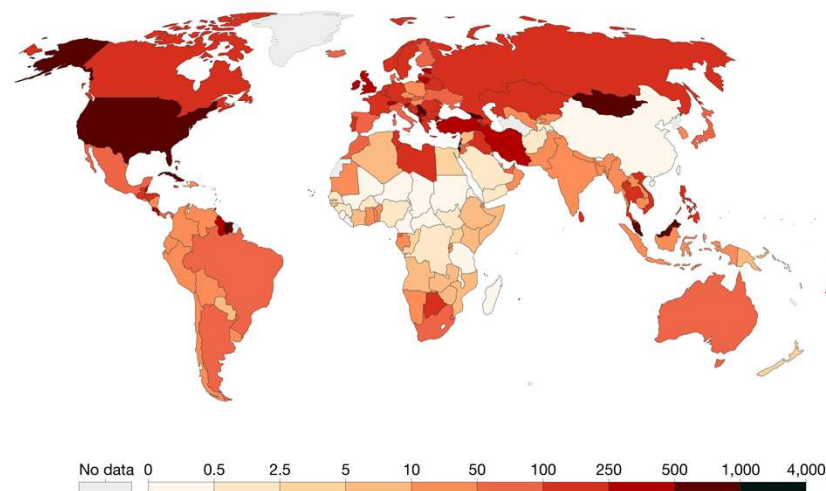


Source: Johns Hopkins University CSSE COVID-19 Data

Our World  
in Data

## Daily new confirmed COVID-19 cases per million people

Shown is the rolling 7-day average. The number of confirmed cases is lower than the number of actual cases; the main reason for that is limited testing.



No data 0 0.5 2.5 5 10 50 100 250 500 1,000 4,000

CC BY

Source: Johns Hopkins University CSSE COVID-19 Data

Our World  
in Data

CC BY

Charts downloaded from Our World in Data  
14<sup>th</sup> September 2021

# Major Changes since last season

1. A new understanding of the way the disease spreads
2. VACCINATION
3. Greater understanding of outcomes in children and young people
4. Long-term illness

# New - How the disease spreads

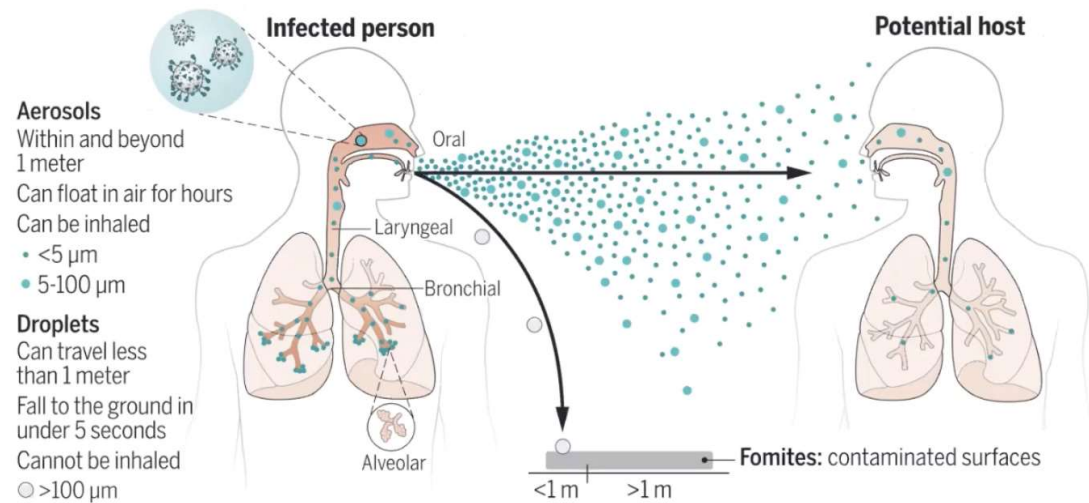
- SARS-CoV-2 virus is spread in tiny particles (smaller than droplets) - aerosols
- Spread via **asymptomatic individuals**
- Infectious before development of any symptoms
- Aerosols are generated by breathing, talking, singing, shouting, coughing

Indoor Spaces – MASKS & VENTILATION (AIR HYGIENE)

*(see next slide)*

# Airborne Transmission

- Virus may remain in the air for several hours if an infected person has been in a closed area
- Therefore always wear a mask when entering a closed area, even if no-one else is present
- Ventilate indoor spaces



Wang et al. Science 2021

FÉDÉRATION INTERNATIONALE DE SKI  
INTERNATIONAL SKI FEDERATION  
INTERNATIONALER SKI VERBAND

# But ours is an outdoor sport...

- Transport
- Accommodation
- Meals
- Cross-border travel

# General Rules of Hygiene

- General rules of hygiene must be continued
- Handwashing / sanitising
- Maintaining social distance
- Cleaning surfaces
- MASKS
- AIR HYGIENE

# New - Vaccination

- Rapid development and intensive testing of vaccines
- Vaccines are safe, with few adverse (mostly transient) reactions
- Rapid roll-out, generally starting with most vulnerable
- Uneven across different nations
- Not all are willing to accept vaccination; occasional medical exemption
- All vaccines are good; some lack data from fuller (Phase 3) trials



# Vaccination is the way out of the pandemic

- Vaccines
  - effective in preventing severe disease (c. 90%)
  - reduce transmission of the virus by 50-60%
  - do not prevent infection / carriage of the virus
- If sufficient numbers are vaccinated
  - spread will be limited
  - development of mutants will also be limited
- Large variation between nations in vaccination rate

Tedros Ghebreyesus (WHO) – ‘No-one is safe until we are all safe’

# What can change?

- National and regional rules
- FIS Protocols
- **The virus** – variants (mutations)
- Flexibility is essential

# Variants

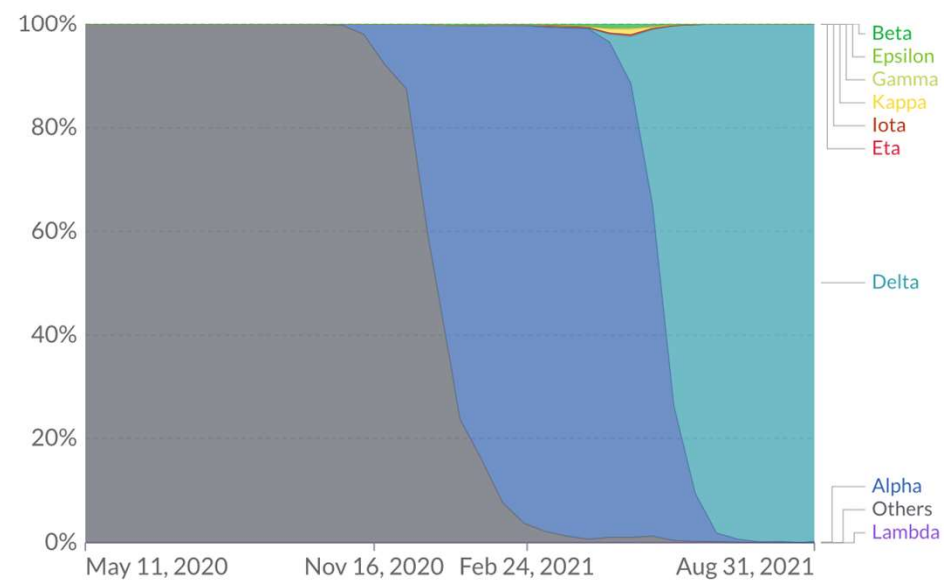
- Are often more infectious
- May escape neutralising antibodies (from previous infection or from vaccination)
- May cause more severe COVID-19 disease course
- Mutations/variants
  - currently, natural selection of viral mutants is based on infectiousness
  - in the future, may be based on escape from complete or incomplete immunity
- Delta.... -> 'Mu' variant (now found in 43 countries) may have higher vaccine resistance

## SARS-CoV-2 variants in analyzed sequences, United Kingdom

Our World  
in Data

The share of analyzed sequences in the last two weeks that correspond to each variant group. This share may not reflect the complete breakdown of cases since only a fraction of all cases are sequenced.

[↔ Change country](#)



Source: CoVariants.org and GISAID – Last updated 1 September 2021, 21:00 (London time)  
OurWorldInData.org/coronavirus • CC BY

# Youth & Children - questions

1. Can children catch / transmit SARS-CoV-2?
2. Can they transmit infection even if asymptomatic?
3. Do young people develop severe Covid-19 disease?
4. Are there C-19 complications that may affect young people?
5. Do the FIS Guidelines apply to U18s?
6. How many nations have vaccinated U18s?

# Long Covid

Symptoms of Long Covid include:

- extreme tiredness (fatigue)
- shortness of breath, chest pain or tightness
- problems with memory and concentration ('brain fog')
- heart palpitations
- Dizziness, pins and needles
- joint pain
- depression and anxiety, difficulty sleeping (insomnia)
- tinnitus, earaches
- feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- Rashes

May last weeks or months...

# FIS Rules and Guidelines

- FIS rules and protocols are set to ensure the safety of all participants and of the nations they visit
- Global perspective
- Fair play, protecting others; asymptomatic transmission
- PCR test remains gold standard
  - Rapid antigen tests give many false positive and false negative results
- Isolation, contacts
- Honesty, responsibility
- Avoid spreading the virus to other countries
- Route to Beijing

So what do you think?  
What should FIS require /  
recommend?



# FIS Protocols 2021-2022 – *all TBC*

- FIS passport continues; now includes vaccination status, and can upload from EU Green Pass
- Entry test, PCR within 72 hours of arrival
- If have a valid vaccination or if previously have had a proven infection (within the previous 6 months), no additional testing during the events longer than 72h
- Tests are likely to be required before departure from venue for next event, especially for cross-border travel
- Protocols and requirements for entry and ongoing testing are subject to national and regional rules
- Strong recommendation for VACCINATION

# Prevention of Spread of Infection

- Wear masks when inside
- Keep your distance from other people
- Follow hygiene rules
- Get vaccinated
  - Vaccination protects the vaccinated individual
  - Vaccination breaks the infection chain (and therefore the spread of the virus)
- **TOGETHER** we can control the spread of SARS-CoV-2 by **following the rules and getting vaccinated**



# H-P CARLSON

President FIS Childrens Races Organizers Committee



# FIS CHILDREN RACES ORGANIZERS COMMITTEE?

13 members from Canada to Japan  
started in 1985

Sarajevo, 24 sept  
2021



## WINTER SEASON 2020/2021

### STATISTICS FIS CHILDREN'S RACES ORGANIZERS COMMITTEE

REPORT CHILDREN FIS COMPETITION

2020 / 2021

Race name	Country		Race site	Date of the race		Countries in race	U14			U16			Competitors Total
							F	M	Tot.	F	M	Tot.	
Interkriterium Vratna	Slovakia	SVK	Vratna	19/01/2021	to 20/01/2021	CANCELLED DUE CORONAVIRUS							
Skiinterkriterium	Czechia	CZE	Ricky v O.h.	22/01/2021	to 23/01/2021	CANCELLED DUE CORONAVIRUS							
Borrufa	Andorra	AND	Ordino	25/01/2021	to 30/01/2021	14	22	21	43	21	30	51	94
ALPECIMBRA FIS Children Cup	Italy	ITA	Folgaria	27/01/2021	to 30/01/2021	23	23	33	56	50	50	100	156
Zagreb Trophy 2021	Croatia	CRO	Zagreb-Sljeme	16/02/2021	to 17/02/2021	19	25	38	63	36	45	81	144
FIS CHI SERBIA CUP	Serbia	SRB	Kopaonik	19/02/2021	to 20/02/2021	10	17	22	39	27	21	48	87
FIS KUP "Children for Peace in World"	Bosnia Herzegovina	BIH	Bjelasnica	21/02/2021	to 24/02/2021	12	20	26	46	30	31	61	107
GOLDWIN FIS YOUTH JAPAN CUP 2021	Japan	JPN	Naeba	12/03/2021	to 13/03/2021	DUE CORONAVIRUS ONLY NATIONAL RACES							
Pokal Loka	Slovenia	SLO	Skofia Loka	27/03/2021	to 28/03/2021	DUE CORONAVIRUS ONLY NATIONAL RACES							
Pinocchio Sugli Sci	Italy	ITA	Abetone	01/04/2021	to 02/04/2021	23	32	40	72	37	54	91	163
La Scara	France	FRA	Val d'Isere	01/04/2021	to 02/04/2021	DUE CORONAVIRUS ONLY NATIONAL RACES							
Whistler Cup	Canada	CAN	Whistler	16/04/2020	to 18/04/2020	NOT IN CALENDAR FOR SEASON 2020/2021							
Ingemartrofen	Sweden	SWE	Tamaby	23/04/2021	to 25/04/2021	CANCELLED DUE CORONAVIRUS							
<b>TOTAL</b>							139	180	319	201	231	432	751

NB: DATA DETECTED BY RANKINGS FROM FIS WEB SITE OR O.C. WEB SITE

Normally: 1 600 competitors!  
Half of the racers gone....



## **WINTER SEASON 2020/2021 STATISTICS FIS CHILDREN'S RACES ORGANIZERS COMMITTEE**

- **Total number of competitors in COVID seasons**
- 2019/2020 **1.589** 2020/2021 **751** => **-52,73%**
- **U14 competitors in COVID season**
- 2019/2020 **568** 2020/2021 **319** => **-43,83%**
- **U16 competitors in COVID season**
- 2019/2020 **882** 2020/2021 **432** => **-51%**
- **Nastarrace (Naeba - JPN), Pokal Loka (Skofia Loka – SLO) and La Scarà (Val d'Iserre – Fra)** decide to run only national races
- **Whistler Cup (Whistler Mountain – CAN)** No event in FIS calendar 20/21



**WINTER SEASON 2020/2021:**

# **ANNUS HORRIBILIS**

**HOW DO WE GET BETTER?**

**Ingemar said: “the more I train, the more  
luck I get”**

**LESSONS LEARNED FROM COVID -19**



**WHAT IF COVID -19 IS NOT THE ONLY OBSTACLE?**

**WHAT ABOUT THINGS LIKE:**

- ☐ **CLIMATE CHANGE**
- ☐ **RECRUITING (are we bringing kids to the snow?)**
- ☐ **ACCESS TO ARENAS AND RESORTS**
- ☐ **RESILIENCE**





**WINTER SEASON 2020/2021:**

# **LESSON LEARNED #1:**

**Holistic approach is necessary –  
We are facing several challenges**

**Development needs to address them  
all – at once!**



**WINTER SEASON 2020/2021:**

## **LESSON LEARNED #2:**

**All we do must be safe – from many points of view, e.g:**

- ☐ **Events: travel, lodging, TCM, parties..**
- ☐ **Minimize travel – smarter planning**
- ☐ **Training, racing, dryland, snow....**



**WINTER SEASON 2020/2021:**

# **LESSON LEARNED #3:**

## **TRAIN more, get luckier racing:**

- ☐ **Fewer competitions – training more focused**
- ☐ **22 Int. Races on calendar – SCHOOL?**
- ☐ **Innovate training: digital challenges?**
- ☐ **Diversity & continuity in training**



**WINTER SEASON 2020/2021:**

# **LESSON LEARNED #4:**

## **RECRUITING IS KEY:**

- ☐ **To few – no fun – even fewer**
- ☐ **No kids – no leaders**
- ☐ **Numbers are getting critical**



**WINTER SEASON 2020/2021:**

# **LESSON LEARNED #5:**

## **GETTING SPACE, RIDDING OF THRESHOLDS:**

- ☐ **Close relations to resort management**
- ☐ **Lower costs**
- ☐ **Get support**



**WINTER SEASON 2020/2021:**

# **LESSON LEARNED #6:**

## **KNOWN FOR A LONG, LONG TIME:**

- ☐ **Spread the word – greatest sport ever!**
- ☐ **Smile a lot – it attracts people**
- ☐ **Wash hands, keep distance, be smart**



**WINTER SEASON 2020/2021:**

**FINALLY:  
INGEMAR WAS RIGHT (USUALLY IS):  
WELL PREPARED GETS LUCKIER.**



**THANKS FOR YOUR ATTENTION!**

**SEE YOU ON SNOW!**





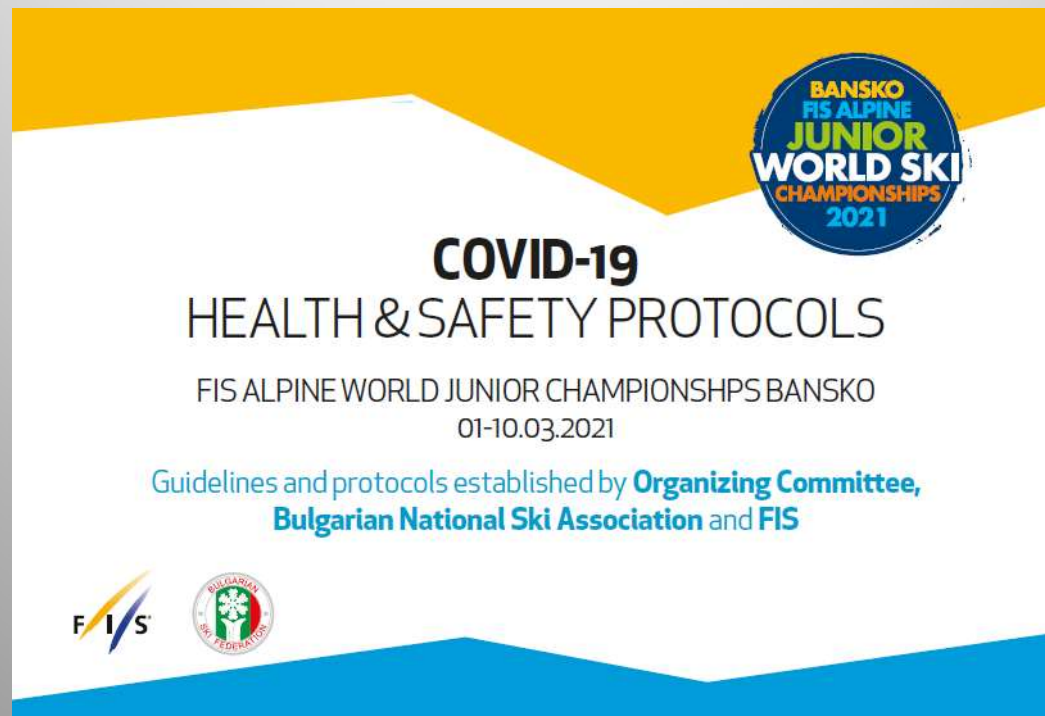
# Georgi **BOBEV**

Managing Director and Vice president of OC WJC Bansko 2021, BUL

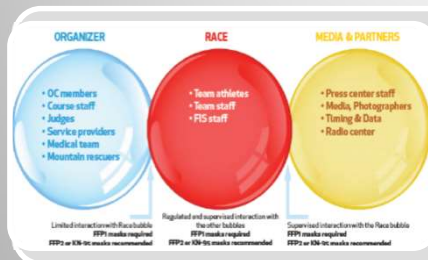
# **ALPINE WORLD JUNIOR CHAMPIONSHIPS BANSKO 2021**



**45 DAYS PRIOR THE EVENT A COVID  
19 PROTOCOL WAS PREPARED,  
APPROVED BY FIS AND PUBLISHED  
ON FIS WEBSITE**



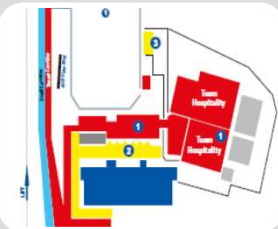
# MAIN FEATURES OF THE WJC BANSKO 2021 COVID 19 PROTOCOL



## BUBBLES SYSTEM



## TEAMS' HOTEL AND HOSPITALITY WITH STRICTLY CONTROLLED ACCESS



## SAFETY CIRCULATION IN THE RACE VENUE RESPECTING THE BUBBLE SYSTEM

## **WJC BANSKO 2021 COVID-19 TEAM**

- **ONE MANAGER**
- **TWO TESTS COORDINATORS**
- **ONE SUPPLIES AND DISINFECTION COORDINATOR**
- **TWO ASSISTANTS (OFFICE & TEST CENTER)**
- **TWO VOLUNTEERS (DISINFECTION)**

# WJC BANSKO COVID-19 TESTING CENTER



- **LOCATED IN THE TEAMS' HOTEL**
- **RECEPTION WITH OFFICE SPACE FOR COVID-19 TEAM**
- **SEPARATE AND INDIPENDANT ENTRANCE AND EXIT**



# WJC BANSKO COVID-19 TESTING CENTER



- **ONE WAY CIRCULATION OF TESTED INDIVIDUALS**
- **WAITING AREA WITH PROPER PHYSICAL DISTANCING**
- **TWO TESTING STATIONS**
- **FREQUENT DISINFECTION**

## **SUMMARY OF CONDUCTED COVID -19 TESTS**

- TOTAL NUMBER OF TESTS DURING WJC BANSKO 2021 – **1252**
- NUMBER OF TESTS DURING WJC MEN – **679**
- NUMBER OF TEST DURING WJC WOMEN – **573**
- POSITIVE CASES DURING WJC - **4**





# Jyri PELKONEN

Director of the Olympic Training Center Vuokatti, FIN



VUOKATTI SPORT

# Practises in handling Covid at JWSC in Vuokatti

Jyri Pelkonen  
Director of Olympic Training Centre  
Vuokatti Sport Resort, Finland

**#JWSC**



VUOKATTI SPORT  
OLYMPIC TRAINING CENTER

# The Vuokatti way

## The main objective during the season 2020-21:

- "Ensure safe and healthy conditions for our clients and staff."
- "Convince and co-operate with regional health authorities in order to be able to "have doors open"
- "Find solutions – keep the business going."

## Towards JWSC:

- Planning - health & safety, sport & support activities, take an advantage of our facilities
- Execution and evaluation - simultaneously, continuous communication with regional health authorities.
- Event task force - a responsible LOC unit for leading the operations.

# #JWSC

# Athlete`s path – arrival to Vuokatti

- **Requirements to enter Finland**

- a member of NSA team, a proof of neg PCR test (<72h) / a proof of have had Covid disease earlier,
- an exact travel plan to Finland per team inc. where and when enter to Finland.
- relevant and updated information in FIS passport system
- Event task force : travel information 3 days before to Finnish Border Control.

- **Travel to Finland and arrival to Vuokatti.**

- Instructions how to travel safety at plane, train, ~~or in the bus.~~
- Designated bus to each team – from the airport direct to the accommondation.
- Instructions about PCR test, meals
- Code of conduct for the first days
- Checked and updated rooming list a must

**#JWSC**

# Covid-testing arrangements

- Staff, volunteers, officials, team members, drivers etc. ALL TESTED!
- 1 Feb – 15 Feb Sport Resort for tested & accredited persons only
- One test room 200 – 400 m from the hotels – "one way in, another way out"
- Each team had their own test slot , 2 min / test, results asap to each team leader.
- Event task force -> shared pre-information on previous day to test staff (number of NSA/persons, testing schedule)
- Use & check of documents at FIS passport system or hard copies delivered -> avoid unnecessary testing
- Test staff: Guide, 2- 3 testing pairs, 2 persons collecting data, 1 person updating lists / sending SMS.
- Written test proofs delivered in 1 to 2 days to team leader.
- In case of a positive case:
  - PCR: isolation, tracing of possibly exposed team mates ( regional health authorities- > event tasks force ->team leader->FIS-> LOC)
  - AG: a PCR-test-> isolation-> test result confirmed in app. 12-15 h -> further instructions

**#JWSC**

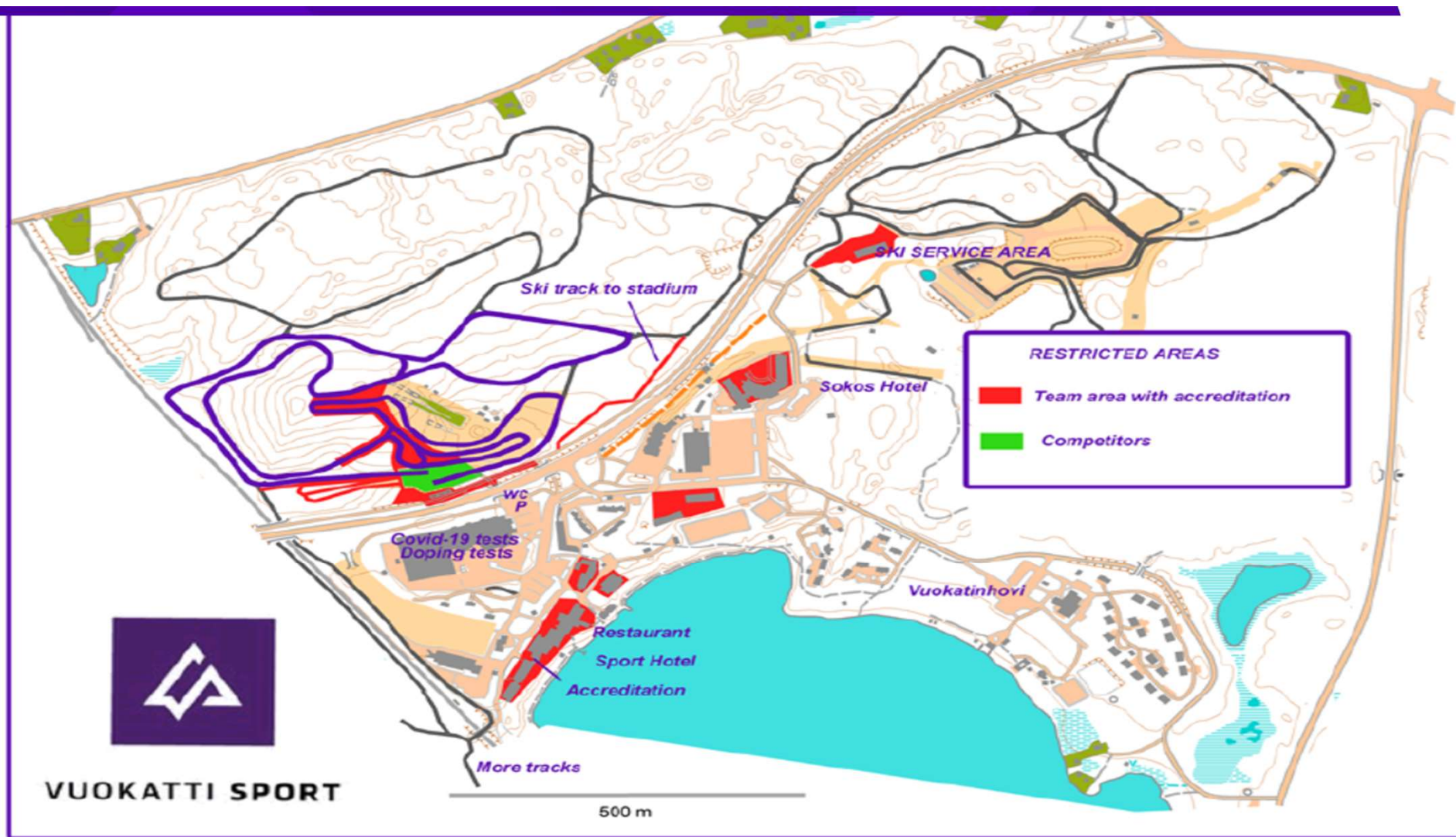


# Covid testing at Vuokatti

	Jan 26-31	Feb 1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
										JWSC Race days						
		Hotels & sport facilities for JWSC quests only, masks inside mandatory														
PCR	Teams, 24-30h self quarantine															
ANTIGEN				LOC Staff			Teams, staff, LOC									
PRE Race Antigen								U20 S + all team staff	U23 S	U20 D	U23 D	no pre race tests anymore				
Departure PCR												Results in 24h				

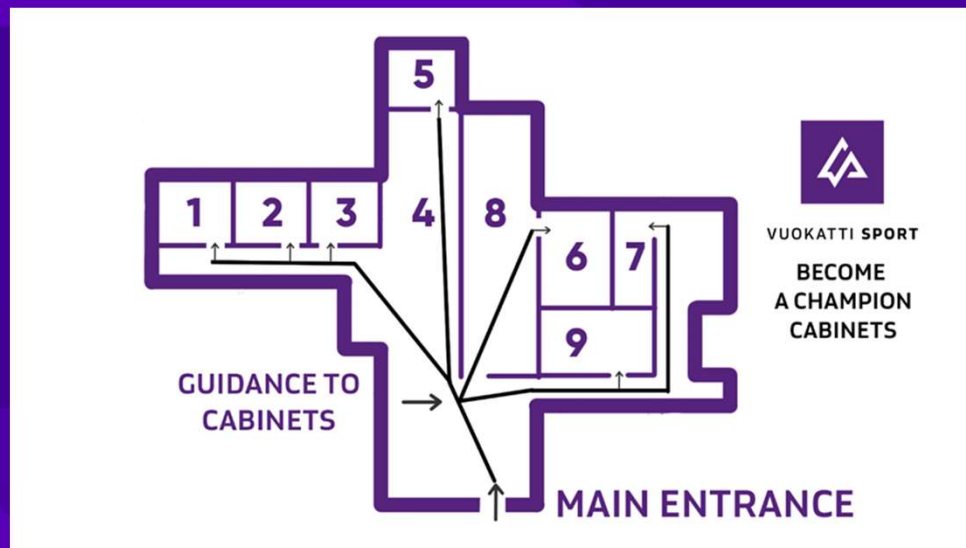
# #JWSC







## Restaurant arrangement during competition week



- Meal times based on competition and training programm.
- U 20 vs. U23
- Dinner with teammates at team cabinet. Limited dining time.
- Masks, hygienic, guidance.
- Meals for volunteers, staff, and officials served in another building.

**#JWSC**

# Summary

- Total 1604 Covid19 tests , 4 positive.
- Our experiences of "a training bubble" in Oct-Dec -> a big help for planning JWSC operations
- Dining / restaurant arrangements challenging – 60% more kitchen/restaurant staff needed.
- Event task force group (3 persons) – operational management responsibility and direct links to various stakeholders.
  - 1st task: Clear focus for health & safety issues and co-operation within authorities
  - 2nd task: Share information and keep LOC & FIS & Staff & Teams updated.
- Good practises found: Manpower at stadium, online TCM arrangements etc.

**#JWSC**



# Questions and **ANSWERS**



# Ken READ

Chair FIS Coordination Group for youth & children questions



Thank  
**YOU**