

## LEN SANITARY PROTOCOL

### FINAL VERSION

The LEN Sanitary Protocol sets out the framework of medical, sanitary and hygiene procedures together with the operations that are to be applied when staging LEN competitions. The difficulty is to foresee how Covid-19 will evolve, either in terms of its epidemiology or in the nature of the countermeasures imposed by national governments, whilst it is almost impossible to establish a completely risk-free environment, the aim is to lower the risk as far as possible by applying current medical advice and best practices.

In order to minimize the risk to LEN competitions from COVID-19, precise preparations and on-site organisation is required. To large extent, the cooperation of the teams, their athletes, officials, technical staff, the venue staff and all those involved in the event is crucial. Therefore, LEN expects all parties to adhere to hygiene best practices both in the controlled event environments and in their personal day to day lives. All precautions set out in this document must be strictly accepted by all those involved. Non-respect of such social norms could have serious consequences for the staging of the competition.

Given the overall situation and the regulatory conditions which may occur during in the coming month, the Protocol may be revised and adapted at any changes. The LEN Sanitary Protocol is subject to legal provisions and other orders issued by the competent local authorities in the various countries.

This means creating a protected and contained environment for athletes and technical staff to provide them with a separated 'bubble' corridor for all movements into, within and out of the venue, and establish best practice principles for the protection and safety of all working staff involved in delivering the match. The aim is to minimize the number of contacts between different groups involved in the event, to reduce the possibility of any cross-contagion between groups, and therefore to limit the number of people that may need to be tested.

The EC Junior Protocol includes medical and operational obligations for all parties taking part in organising the Event. These obligations are applied in preparing the venues, subject to any additional measures imposed by the local authorities.

LEN is entrusted with the operational management of the Protocol and entitled to take decision and adopt operational provisions for the implementation of the Protocol in particular in view of the different events to be organised as well as to amend it accordingly in view of the COVID-19 development and the changing of the National conditions.

Non-compliance with the obligations set out in the Protocol may lead to disciplinary measures according to the LEN regulation

#### DEFINITIONS

- a. **Bubble:** an umbrella term for the Training Location, the Competition Venue, the Hotel and the buses involved in the transportation of the Teams. Due to the Protocol's epidemiological provisions, the probability of a COVID-19 infection is very low within this Bubble;

- b. **EC Junior:** European Junior Swimming Championships 6 – 11 July 2021 in Roma.
- c. **LEN:** Ligue Europeenne de Natation
- d. **Italian Swimming Federation:** Organising Committee.
- e. **LOC Medical Staff:** The Epidemiology local inspector
- f. **LEN Medical Officer:** Medical officer and Supervisor of all guideline operations as well as all controlling that all obligations stated in the guideline are respected.
- g. **CMO:** Chief Medical Officer, the head of the local Medical Team;
- h. **COVID Marshal:** who is part of the Medical Team and responsible for enforcement of this Protocol. Also helping the teams in case of COVID-19 related questions.
- i. **Delegation:** the group of Competitors, staff, officials who are established in line with the rules of the European Junior Championships.
- j. **Competition and Training Location:** Stadio del Nuoto Roma
- k. **Epidemiological isolation:** isolation of communicable disease patients from healthy population at the person's residence or in an in-patient healthcare institute;
- l. **Foreign Participant:** non Italian citizens with an eligibility defined by LEN, who
  - i. are participants at the EC Junior Swimming (spectators excluded)
  - ii. are in possession of an invitation letter addressed to them and issued by LEN.
  - iii. has arrived to the European Junior Swimming Champs upon the invitation of the Italian Swimming Association
- m. **Medical Team:** a team of healthcare and other professionals who provide the overall healthcare support of the European Junior Swimming Championships and activities preventing the spread of COVID-19 infection;
- n. **Pre-triage:** a test upon entering the Bubble;
- o. **Quarantine:** an epidemiological monitoring process, wherein, to prevent any transmission of COVID-19 infection, persons not showing symptoms but potentially infected are isolated or the movement of such persons is restricted at their place of (temporary) residence or in an in-patient healthcare institute for the period until lack of COVID-19 infection is proved;
- p. **SARS-CoV-2 Antigen Test:** Rapid test requiring a nasopharyngeal swab, which shows result in 15 minutes.
- q. **SARS-CoV-2 PCR Test:** the standard molecular biological examination to detect COVID-19 infection conducted using nasopharyngeal and oropharyngeal samples, in line with the healthcare service rules;
- r. **Personal Protective Equipment:** any equipment with the intended use of mitigation of the risk of transmission of infections to the extent where the risk of such infection no longer endangers human health, particularly wearing face mask;
- s. **Close Contact.** Persons who:
  - i. have been in close physical or personal contact with a COVID-19 case;
  - ii. simultaneously stayed in the same, enclosed room within 2 (two) meters for at least 15 (fifteen) minutes;

## STRATEGIC ELEMENTS OF THE PREVENTION OF THE SPREAD OF COVID-19

- a. The protection of the participants against COVID-19 is served by 2 (two) consecutive lines of defense.
  - i. The Preventive measures constitute the primary line of defense. In this phase, the Training Location, the Competition Venue, the Hotel and the vehicles involved in the transportation of the Teams are placed in the Bubble. For all participants the entry into the Bubble is subject to a negative SARS-CoV2 Antigen Test and to enter the competition to a negative SARS-CoV2 PCR test.

- Controlled access to the Bubble through pre-triage screening and SARS-CoV-2 PCR test significantly may reduce the risk from COVID-19 infections inside the Bubble.
- II. Should any Participant test positive at the SARS-CoV-2 PCR test or rapid Antigen-test the procedures as stated into the LEN sanitary guideline will be applied to prevent further spread of the COVID-19 infection.
    1. The Medical Team will separate and monitor the infected person and all relevant possible close contacts.
    2. The infected participant will have to follow the procedure indicated by the local authorities inside the Bubble thus reducing the number of potential close contacts.
  - b. To ensure adherence to the Protocol, in case of any violations, disciplinary actions can be taken by LEN according to the LEN regulation. The LEN Medical Officer will oversee adherence to the Protocol.

### SARS-CoV-2 PCR TEST PROTOCOL

#### I. BEFORE ENTER IN ITALY

All Participants must have by one negative SARS-CoV-2 PCR test performed 48 hours before arrival to Italy and for the local delegations before arriving at their respective hotel. Such test must be written in English.

Such result to be sent to [test-management@len.eu](mailto:test-management@len.eu) and [swab.ejsc21@federnuoto.it](mailto:swab.ejsc21@federnuoto.it)

Foreigner participants have to present it when entering the country.

#### II. DURING COMPETITION

In the middle of the event another PCR Test will be performed to all participants on 7th or 8th July; Testing room located at the competition Venue, exact date and time will be communicated at the Team Leaders.

For those requiring a swab before departure, please be informed that tests will be made before departure. Kindly advise as soon as possible which kind of swab (Antigen or PCR) you need and when you have to do it according the rules of your own country.

### PROTOCOL UPON ENTRY IN THE COUNTRY

- a. Participants will be subjected to border control.
- b. The use of protecting masks for all participants is mandatory at any time.
- c. Participants will collect and carry their own luggages.
- d. Representatives from LOC will meet participants however keeping social distance.
- e. Participants will be informed by the COVID Marshal concerning accessing the bus and transportation to the Hotel.
- f. Should a participant notice symptoms of COVID-19, he/she shall report this to the Medical officer of the team and to the COVID marshals.
- g. Participants will be transported to the Hotel. Upon the arrival they will be subjected to the first SARS-CoV-2 PCR test, and SARS-COV-2 Rapid - Antigen test.
- h. The rapid test will allow to access the hotel room.
- i. Once the negative result of the SARS-CoV-2 PCR test will be delivered, participant will be allowed to enter the competition
- j. Participants occupy the room reserved for them.

## PROTOCOL AT THE HOTEL

- a. The Hotels are reserved exclusively for all Participants at the EC Junior Swimming
- b. Hotel personnel will be tested 24 h before the participants arrive.
- c. The processes concerning cleaning, laundry and meals shall be conducted using a protocol approved by the Hotel Certified Expert.
- d. The Hotel rooms are fitted with the following hygiene tools:
  - i. disinfectant wipes;
  - ii. surface-disinfectants;
  - iii. hand sanitizers;
- e. All Participants will stay in single or double rooms. **It is important to notice that in case of a positive case the roommate will be automatically treated as close contact.**
- f. Meals are strictly scheduled, and persons are seated apart from each other to comply with the rules of social distancing. **In case two persons are at one table, if one of them produces positive SARS-CoV- 2 PCR results the other will be treated as close contact.**

## PROTOCOL DURING THE STAY IN ITALY

All participants are in isolated Bubble during the Competition and may not move outside the Bubble unless it is under previously organized conditions and does not involve contact with any one outside of the tested group.

## PROTOCOL REGARDING LOCAL TRANSPORTATION

- a. The bus drivers will be tested 24 h before the participants arrive
- b. Use of hand-sanitizers is mandatory upon boarding the bus.
- c. On the bus wear protective mask and keep social distancing is mandatory.
- d. Seats around the driver is not allowed.
- e. Driver must wear face masks.
- f. Each bus will be sanitised according to the LEN Guideline.

## PROTOCOLS OF TRAINING- AND COMPETITION VENUE

- a. Training- and Competition Venues are exclusively used for the European Junior Swimming Championships during the period thereof.
- b. Venue personnel will be tested 24 h before the participants arrive
- c. Only Participants with an access authorization may enter the Training- and Competition Venues.
- d. No team photographs may be taken, no handshakes, hugs or any other form of close contact is allowed.
- e. The movement of Teams is strictly scheduled; The Training Location must be cleaned and disinfected after all Sessions, as per protocol.
- f. Equipment used for training must be disinfected after use.

## In the Pool Area

- a. Competitors must follow the “*enter, train, leave*” rule.
- b. Participants’ movement routes are pre-defined and allocated to each of them.
- c. The area around the pool shall be disinfected according to the protocol approved by LEN
- d. Competitors exit the Training- and Competition Venue via the designated exit and return to the Hotel.

## Zoning

- a. A concept of zoning is implemented to reduce the interaction between the different participants to a competition. The Venue is divided in 3 zones.
- b. The zones must be clearly separated and, where in the same stand, should have a minimum of three rows between them.
- c. Zoning access will be identified on individual accreditation.
- d. The colour (red/yellow/white) is clearly marked at the venue with sufficient staff available to enforce the policy.
- e. Some essential workers (e.g. medical or anti-doping) may require “all zone” access. These decisions should be agreed in advance with LEN, Covid Marshall and the LEN Medical & Doping Control Delegate.
- f. All accreditation for all those directly involved in the competition and the respective zone access is established in accordance with the above process.

## PRE-TRIAGE

- a. Upon each entry to the Bubble, participants are subjected to temperature measurement as well as the QR code accreditation control.
- b. It is mandatory to inform the COVID Marshal's the LEN medical Officer immediately in case of any symptoms from the list below:
  - Fever, Cough, Shortness of Breath, Muscle Ache, Difficulty of breathing, Sore Throat, Pink Eye, Diarrhoea, Vomiting, Runny Nose, Loss of Taste, Loss of Smell

## PROCEDURES TO FOLLOW FOR POSITIVE SARS-CoV-2 PCR TESTS.

- a. Should a SARS-CoV-2 PCR test come back positive, the Medical Team shall notify the LEN Medical Officer.
- b. In case of positive PCR result Participants should move immediately to quarantine.
- c. Under the management of the LEN Medical Officer and the local authorities, close contacts will be identified.
- d. The SARS-CoV-2 PCR test may be repeated on 2 (two) occasions, to rule out false positive results and an Antigen test may be performed.
- e. If the tests under Point d come back negative, and the tested person has no symptoms, this person and his/her close contacts may be released from isolation.
- f. If the test results positive:
  - The Participant without symptoms or with mild symptoms will be placed in quarantine in the Hotel, while for local participants in their place of (temporary) residence; The quarantine period is according to the local legislation.
  - Participants with severe symptoms will be transported to the hospital.

## PROCEDURES CONCERNING CLOSE CONTACTS

Close contacts shall be tested with SARS-CoV-2 PCR and quarantined according to the local legislation.

## PROTOCOL CONCERNING CONDUCT AND USE OF PROTECTIVE EQUIPMENT

- a. Participants, the Hotel Staff and Health Care Providers shall wear a face mask at any time except
  - i. When they are in the dining facility, from starting the meals until they finish it, or when they consume beverages.
  - ii. If they stay alone in the room.

- b. Competitors are exempt from wearing a face mask when competing and at the training in the pool.
- c. For Competitors, hand sanitizing is mandatory within the Bubble by using the hand sanitizers placed at disposal there.
- d. Social distancing shall mean for Participants at least a distance of 2 (two) meters from each other within the Bubble and from everybody outside of the Bubble.

**All national teams must indicate a Medical Officer who is responsible for the compliance to the COVID-19 protocol. This person shall cooperate and communicate to the LEN Medical Officer and with the local Medical staff in case of COVID-19 situations.**

## USE OF THE SWIMMING POOLS

It is recognised that social distancing or other infection preventative measures may not be possible in all circumstances, not least between the opposite team players during a match.

Swimming pools are already environments considered quite healthy and if the usual hygienic sanitary measures according to the rules are respected, they should not be affected by any epidemic cases.

The virus responsible for COVID-19 is a virus with a fragile external lipid membrane. Typically viruses with such membrane are less stable in the environment and are more sensitive to oxidants, such as chlorine.

According to what is stated by the World Health Organization, the conventional methods utilised by a centralised water treatment system that uses chlorine filtration and disinfection are deemed capable of inactivating the virus responsible for COVID-19.

Although the virus has been reported in river water, it has not been detected in drinking water and, based on the current evidence, the risk is very low for the water resources.

It also reports that, for effective disinfection of the water, there should be a residual concentration of chlorine free of  $\geq 0.5$  mg / l.

As further confirmation, it has long been demonstrated that free chlorine above 0.5 mg / l ensures complete disactivation of SARS-CoV (from the same family of the virus that causes COVID-19).

In this regard, it is important to consider that the water to be used for the swimming pools must have the same requirements as for the water for human consumption (drinking water).

The above principles are in line with the opinion of the Centre for Disease Control and Prevention (CDC) that is the reference point in USA for the application of all measures in terms of prevention and control of diseases: "Conventional water treatment methods that use filtration and disinfection, like those in most of the municipal drinking water systems, should remove or inactivate the virus that causes COVID-19". There is no evidence that someone has contracted COVID-19 through drinking water.

Therefore, free chlorine concentrations between 0.8 and 1.5 mg / l in swimming pools seems largely capable of preventing the spread of COVID-19. Furthermore, the evaporation of chlorinated water could also reduce the risk of spreading a virus transmittable by air.

## Training

Team Manager must oversee all team arrangements to maximise social distancing and behaviour best practice measures. Furthermore, Coaches shall wear facemasks and respect physical distancing with other people when in the same area. The major issue with swim training is the application of acceptable physical distancing.

In general, according Italian rules, it has been calculated to accommodate 1 swimmers every 7 square meters: this is corresponding to 14 swimmers in 2 meters wide lane and 18 swimmers in a 2,5 meters wide lane of a 50m pool. Training groups will be organised taking into consideration the above principles. Therefore, at the warmup and competition pools teams will proceed as follows:

- Maximum 14 -18 swimmers per lane (depending on the width of the lane)
- Alternate start ends for each lane (e.g. lane 1 start this end; lane 2 start far end)
- Minimum 5 sec gap between swimmers to ensure physical separation
- Limit squad size to ensure maximum lane usage

## Field of Play (FOP)

The field of play is the whole area surrounding the swimming pools. Additional accreditation to the field of play area will be limited to the number of persons having need of this access.

## Call Room

A specific protocol will be implemented before entering the competition area for the competitions. The different call-rooms are set up in order to respect all the physical distancing. Swimmers shall wear their mask at all times.

## Presentations of competitors or relay

Entrance will be regulated in order to keep valid all sanitary precautions. Individual and relay presentation can be done.

## Baskets

The volunteers in charge of the baskets will wear mask and gloves at all time. Baskets will be sanitized after each use.

## Chairs for swimmers

They will be sanitized after each departure.

## Judges

Separate/more tables to maintain physical distancing protocols will be provided at the official room.

The various officials on the pool shall always wear mask. Technical Officials/judges meetings will be organised guaranteeing social distancing otherwise via video conference system may be considered.

## Coaches

Coaches shall not be allowed on the pool deck during the competition.

### Team Leaders Meeting

Only one (1) Team Leader (or assistant) per participating Federation shall attend this meeting. The room will be set to allow at least 1.5 meters between the seats and rows of seats. Protective Mask are mandatory for all attendees.

### Warming Pool / Preparations Area

All the athletes/teams shall respect the physical distancing with the other athletes/federations/clubs.

In the warming pool, dedicated areas for each team is set (a limited number of athletes from the same federation may be considered).

An organized turnover based on the competition appearance will be implemented.

The allocation of the space for each federation or group of athletes will be done by LOC based on the number of entries.

If a delegation has a massage table, it must be used only by their athletes and not any athlete outside of this delegation. It must be cleaned after each massage.

### Award ceremonies

Award ceremonies shall respect the physical distancing of 1.5 meters. Athletes must wear a mask.

No hand shaking or hugs are permitted between any medalist.

Medals are presented on a plate. The athlete must put the medal around his/her neck by himself/herself. Not any award presenter will be invited. Athletes shall stay on their individual podium until the ceremony is over.



## Participants must scrupulously comply with the following health guidelines:

- 1) Wash your hands often. Use hydroalcoholic solutions for hand washing.
- 2) Avoid close contact with people suffering from acute respiratory infections.
- 3) Avoid hugs and handshakes.
- 4) Maintain, in social contacts, an interpersonal distance of at least one meter, preferably two meters.
- 5) Sneezing and / or coughing in a tissue avoiding contact of the hands with respiratory secretions.
- 6) Avoid the promiscuous use of bottles and glasses, especially during sports activities.
- 7) Do not touch your eyes, nose and mouth with your hands.
- 8) Cover your mouth and nose if you sneeze or cough.
- 9) Do not take antiviral drugs and antibiotics unless prescribed by your doctor.
- 10) It is strongly recommended in all social contacts to use respiratory protection (face mask) as an additional measure to other individual health prevention measures.
- 11) Users will have to keep the face mask until it enters the water, they must put it in disposable bags just before swimming and wear it again at the end of the activity.
- 12) Do not exchange items of personal use with other people (towels, bathrobes, etc.).
- 13) Avoid consuming food in the changing rooms.
- 14) Store personal items and clothing in your bags, avoiding leaving them exposed in the changing rooms.
- 15) Immediately throw the tissues or other used materials such as plasters, bandages, etc. in the appropriate containers.
- 16) When using common toilets, avoid touching the tap before and after washing your hands, but use disposable wipes to open and close it.
- 17) In water it is forbidden to spit, urinate, blow your nose. If necessary, use the toilet for these purposes before entering the water.