

**RIO
2021**

OLYMPIC AND
PARALYMPIC

CONTINENTAL
QUALIFICATION
REGATTA

COVID-19 PROTECTION PLAN PARTICIPANT'S GUIDE

ACCLIMATIZATION PERIOD:	February 28 th to March 3 rd
COMPETITION PERIOD:	March 4 th to March 6 th
CONTACT FOR MEDICAL EMERGENCIES OR QUESTIONS:	Dr. Roger de Otero (from Feb 28th to March 13th) +55 48 99942 9409 — medico@remobrasil.com
COVID SPECIAL CARE HOSPITALS:	Hospital Samaritano (Official Event Hospital) Rua Bambina, 98 Botafogo – Rio de Janeiro
No public will be allowed at the venue. If you have any COVID-19 symptoms, please, inform your Team Manager immediately.	

CHECK WITH YOUR TEAM MANAGER

- All participants must fill the Pre-Event Health form in order to be allowed to enter the venue.
- All participants must fill the daily symptoms online form up to 30 minutos before leaving the hotel.

BASIC GUIDELINES

- Wearing a face mask is mandatory in all areas of the venue.
- Keep at least 1.5 meters away from other people.
- Disinfect your hands regularly.

SHUTTLE SERVICE

- Shuttle travel will be defined in advance and organized by fixed groups.

ACCREDITATION OFFICE

- The Accreditation Office can only be visited by Team Managers of the National Federations.

DAILY INFORMATION

- All information will be distributed paperless using official communication channels – WhatsApp groups, webpages: www.remobrasil.com and www.worldrowing.com.

ATHLETE'S WEIGHING

- For the weighing process, only one crew can enter the weighing area at once.

SANITARY FACILITIES

- The changing rooms and the showers may be closed during the entire event. This will depend on the local regulations at the time of the event.

VICTORY CEREMONIES

- The medal handover will be contactless. Medal tables will be prepared in front of the athletes. Athletes will be called to the medal table and pick up their medal themselves.

WARM UP AREA

- The athletes are responsible for disinfecting the erg handle as well as the seat before starting to row. The OC will provide adequate disinfectants.