

**RIO
2021**

OLYMPIC AND
PARALYMPIC

CONTINENTAL
QUALIFICATION
REGATTA

COVID PROTECTION PLAN

LAST UPDATE: 08/JAN/21

ACCLIMATIZATION PERIOD:	February 28 th to March 3 rd (4 days)
COMPETITION PERIOD:	March 4 th to March 7 th
EXPECTED PARTICIPANTS:	80 to 100 athletes for the Regatta 30 to 40 coaches and staff of the teams
CONTACT FOR MEDICAL EMERGENCIES OR QUESTIONS ABOUT COVID:	Dr. Roger Azevedo de Otero +55 48 99942 9409 From 28 th Feb to 13 th March medico@remobrasil.com
COVID SPECIAL CARE HOSPITALS:	<ul style="list-style-type: none">▪ Hospital Samaritano (Official Event Hospital) Rua Bambina, 98 Botafogo – Rio de Janeiro▪ Hospital São Lucas Travessa Frederico Pamplona, 32 Copacabana - Rio de Janeiro <p>The private network of hospitals is available for travel insurance.</p>
INFORMATION AND DOCUMENTS:	www.remobrasil.com/rio2021

ATTENTION: This protocol is extremely important to avoid contagion before, during and after the event. All participants must be aware of this protocol. Participants who do not follow the rules disclosed in this protocol, will be punished with immediate withdrawal from the event.

I. SCOPE

1. SPATIAL

The following rules apply to the entire event premises of the Olympic and Paralympic Continental Qualification Regatta in Rio de Janeiro, Brazil. The same rules should be applied for the South American Rowing Championship, to be held from March 10th to 12th.

These include:

- Official accommodation (hotel)
- Official transport (airport transfer and shuttle service)
- Area restricted to accredited participants
- Grandstand and spectator's area (no public is allowed)
- Entire regatta course
- Start Tower
- Aligner's hut
- Start bridge
- Official accommodation for teams

2. TEMPORAL

The following rules are valid from the time of arrival in Rio de Janeiro until the time of final departure, even outside the officially announced training and competition days.

For security measures, the period of stay, including training, will be restricted to four days before the event, according to the rules of this protocol. No team, for security reasons, will be able to arrive or to access the Venue in advance or stay longer than officially allowed for this event.

All participants (athletes, coaches and staff) must restrict their travel completely and remain within the bubble created for official accommodation, transportation and venue. Participants are not allowed and will not be tolerated to move out of the bubble or leave the hotel for walks, sightseeing, beach, shopping or other activities that present a risk of contamination. Reported cases will suffer the applicable sanctions.

II. GENERAL REGULATIONS

1. Athletes, support, team delegates and regatta staff may not participate in the regatta in case of any COVID-19 related symptoms. They are not allowed to enter the event premises, must stay isolated, consult a doctor and follow his/her instructions. This also applies in case of any personal interaction with a third party having COVID-19 related symptoms. The Organizing Committee (OC) Medical Officer can be contacted at covid@remobrasil.com in case of any open questions or required onsite support.
2. According to the current regulations of the Brazilian government, all international travelers entering for the country should carry out a RT-PCR test within 72 hours before travel and fill the online form from the Brazilian Health Agency (<https://formulario.anvisa.gov.br/>). The result must be delivered to the airline and must be sent to the Organizing Committee before the travel to Rio de Janeiro.
3. Participants who need to do a COVID-19 test before returning to their country of origin, can do it directly at the official hotel with the laboratory accredited for the event, with reduced cost, offered especially to the participants. The PCR test can be carried out on March 5th, at a time to be confirmed so that it does not affect the competition schedule. The price for each test is 65 USD and the result will be available in 24 hours.
4. All participants must complete the **Commitment Form**, confirming that they are aware of and in accordance with the rules of the event, as well as the rules of the COVID Plan, committing themselves to follow these rules for safe participation in the event. The Commitment Form must be sent with the accreditation documents.
 - a. In case of repetitive violations against this Event Infection Protection Plan, World Rowing and the OC reserve the right to revoke the participant's accreditation and expel him/her from the event premises.
5. All participants must fill in a Pre-Event Health Check form to provide information about any potential infections' risks. The respective Team Manager is required to provide the completed and signed forms to the OC by email to covid@remobrasil.com before February 25th. In case that the form is not provided in time, the OC reserve the right to suspend the respective accreditation(s).
6. All participants must complete the Daily Symptom Form online, up to 30 min before leaving the hotel at the scheduled time for the respective group's shuttle. If there are symptoms, the participant will not be able to leave the hotel and will be immediately referred to the OC doctor.

7. When Athletes, support staff and team delegates and regatta staff experience COVID-19 related symptoms after arrival in Rio de Janeiro, Brazil until the closing of the event or when questions arise the team manager is obliged to contact without delay the World Rowing / OC office and World Rowing / OC doctor by phone and wait for medical instructions.
 - a. If there is a medical need, the participant with symptoms will be subjected to a COVID-19 test in the partner laboratory of the Organizing Committee. This cost must be paid by the respective team of the participant with symptoms.
 - b. The participant with symptoms must be immediately isolated in the hotel where his respective team is. The OC will be able to open reserve rooms in this case.
 - c. If there are severe symptoms, the OC Medical Committee will be responsible for indicating and monitoring the care in a hospital close to the event, officially defined for this situation.
8. When Teams travel from a high-risk area according to World Rowing guidelines, team managers are advised to contact World Rowing in advance for evaluation of risk and mitigation procedures.
9. In case that any COVID-19 related symptoms occur during the stay or within 14 days after departure, the Team Manager is obligated to inform the OC accordingly via covid@remobrasil.com with copy to matt.evans@worldrowing.com.
10. In case of a confirmed infection during or within 14 days after the event, the OC will inform all participants, staff and volunteers accordingly. The Team Manager will remain the single point of contact of the National Federation with the OC.
11. Common COVID-19 related symptoms comprise fever, dry cough, sore throat, disturbances in smelling, diarrhea, fatigue and shortness of breath.
12. Wearing a mouth/nose protection is mandatory on the entire event premises outside of the rowing boats, for all athletes, coaches and staff during their time at Venue, in the common areas of hotels and in transportation. Everyone must comply with a minimum distance of 1.50 meters to other people on the entire event premises.
13. Everyone is required to adhere to common personal hygiene rules including regular disinfection of hands and compliance with sneeze etiquette. Adequate hand sanitizers will be provided by the OC in the common use areas.

14. Each delegation must nominate one person on its team as “**Responsible for the COVID Protocol**”, who must ensure that the event's security protocols and rules are strictly followed by all participants, aiming at the safety of their team members and the others countries;
15. A virtual training session on the protocols will be held two weeks before the event, on a day and time to be informed to the participants. All those responsible for the teams must be present in this virtual training;
16. All participants will have access to the protocols and rules of the event prior to the trip:
 - a. All documentation will be available on the organizing committee's website: www.remobrasil.com/rio2021.
 - b. All protocols will be made available in English, Spanish and Portuguese, and will be sent to the National Olympic Committees and to the National Federations;
 - c. The rules for punishment in case of non-compliance with security rules will be clearly disclosed to all participants;
17. All teams must be accommodated at the OC's official hotels, so that the protocols are followed by all participants, as well as the shuttle service to the Venue. For security reasons, accommodation will not be allowed outside the official hotels of the Organizing Committee, or reservations made directly at the hotels. This procedure aims to keep all participants within the same protocol and routine. The OC will reserve additional rooms at the hotel in case isolation is needed for someone with a positive Covid test.
18. Athletes from the same crew must remain in the same room. Room sharing by athletes who are not on the same boat should be avoided.
19. All participants must travel with international travel insurance. The document must be sent to the OC at the accreditation process. The OC provides travel insurance with coverage for Covid through the official agency of the event. The information is in the accommodation bulletin.
20. To reduce contact/touch points, all doors will be kept open except the doors to the sanitary facilities, the athletes' weighing room and the fire escape doors.
21. The following places of general usage will be cleansed and disinfected periodically infrequently visited areas:
 - a. door handles and doorknobs,
 - b. handrails,
 - c. light switches,
 - d. additional grip zones, e.g. water dispensers.

- e. The cleansing and disinfection activities will be documented in a cleansing protocol.
22. The Organizing Committee will be responsible for the prevention material, alcohol, dispersers, thermometers for measuring the temperature when entering the Shuttle and disposable masks. All material will be disposed of as special waste;
23. Participants in the South American Junior and Senior Rowing Championship, who are not participating in the AOPQR, will only be able to enter the venue after the end of the AOPQR (Sunday, 7th March TBC). Prior admission will not be allowed to avoid agglomerations or crossing of groups.
- a. For security reasons, we recommend that participants of the South American Championship arrive in Rio de Janeiro only on March 7 or after, avoiding an increase in hotel occupancy or athletes without the possibility of training at Venue.
 - b. AOPQR participants who are not registered for the South American Championship, will not be able to enter Venue after the 7th morning.
 - c. Participants in the South American Championship must follow the same protocol in force at AOPQR and will be able to enter the hotel and the venue from the 7th afternoon;
24. Access to the boat park and other areas of the event will only be allowed for people accredited for the event.
25. Accreditation will be carried out in advance, by sending documentation prior to travel, according to later guidance. For the delivery of credentials, scheduling will be organized, in a large place and without agglomerations. The procedure for checking the documentation by the Team Manager should be carried out on the spot, quickly.
- a. There will be a Credential for the AOPQR and another Credential for the South American Championship.
 - b. Each credential will be valid only for the period of each event. Access to Venue using an invalid credential will not be allowed.
26. The OC appoints a dedicated contact for the external communication regarding infection-related topics. All publications and statements must be approved by this contact in close alignment with the World Rowing Event Manager.
27. This event will be closed to the public.
28. Information about this protocol, list of important contacts and schedules will be published on the event website (<http://www.remobrasil.com/rio2021>)

III. SPECIAL REGULATIONS

1. SHUTTLE SERVICE

- a. Wearing a mouth/nose protection is mandatory within shuttle buses, any event-related transport, as well as common transport.
- b. Shuttle travel will be defined in advance and organized by fixed groups, reducing the crossing of groups during the training days on the site.
- c. The transfer from hotel–venue–hotel must be carried out by the OC shuttle service, included in the event service.
- d. The schedule will be made available and the teams must strictly comply with the scheduled times for each group.
- e. The schedules will be fixed every training day, and the teams must choose their departure and return times, with no possibility of alteration after scheduling. That is, if a team schedules the transfer Hotel–Venue 7h / Venue–Hotel 10h for Day 1, they must maintain these same schedules on the other training days.
- f. This procedure is mandatory and will serve to avoid the crossing of groups of participants and also to ensure low occupancy at Venue, avoiding agglomerations and contagion risks;
- g. All participants must complete the Daily Health Form at least 30 minutes before their shuttle time. People who have not filled out the form or who are not scheduled for the time, will not be able to board the bus;
- h. The shuttle access will be checked by 2 people from the organization: one person will check the list of the questionnaire and another person will measure the temperature and clean their hands with alcohol;
- i. The number of passengers will be limited to ensure compliance with minimum distance rules. Passengers are asked to not use adjacent seats.
- j. Grip zones especially for standing passengers will be periodically disinfected at the end of a bus tour.
- k. The front door remains closed and the bus can only be entered through the rear doors.
- l. The shuttle service for wheelchair users will follow the same rules.

2. TRAINING SCHEDULE / STAY AT VENUE:

- a. All teams will have a defined and restricted training period at Venue, in two sessions of 2 hours each, per training day. Venue's transportation, entry and exit schedules will be organized considering this rule.
- b. Early entry or departure after the time available for each group will not be allowed;

3. ACCREDITATION OFFICE

a. ACCREDITATION

- i. The accreditation will be managed via two counters with installed sneeze guards.
- ii. The Accreditation Office can only be visited by the designated Team Manager of the National Federation.
- iii. The waiting area is located outside the building
- iv. The waiting area is marked on the ground to comply with minimum distance regulations,
- v. Disinfecting the hands with the hand sanitizers provided by the OC is mandatory when entering and leaving the Accreditation Office.
- vi. The necessary documentation for accreditation (passport and photo, Pre-event Health Check form, Commitment Form) must be sent by TBC February 15th. Individual photos will not be taken on site, only crew photos.

b. CREW PHOTO BOOK

- i. The volume of photos to be taken onsite shall be decreased to reduce the personal interaction as well as to prevent queues in front of the Accreditation Office.
- ii. Missing athletes' photos shall be submitted to World Rowing at databases@fisa.org.
- iii. All additional hygiene measures for the Accreditation apply accordingly.

4. BOAT STORAGE

- a. Any crowding of participants in the Boat Storage area shall be avoided.
- b. Therefore, all boats taking part in the event will be distributed widely across the available boat racks by the OC.
- c. Regular inspection tours will be conducted to ensure adherence to minimum distance regulations.

5. BAG DROP

- a. The volunteers at the Bag Drop must wear both a mouth/nose protection as well as rubber gloves.
- b. Dedicated waiting spots are marked to ensure adherence to minimum distance regulations.
- c. Disinfecting the hands with the hand sanitizers provided by the OC is mandatory when entering and leaving the area.

6. ATHLETE'S WEIGHING

- a. The weighing staff will be separated with sneeze guards from the scales.
- b. For the weighing process, only one crew can enter the weighing area at once.
- c. The waiting area will be separated by partition walls to ensure adherence to minimum distance regulations;
- d. The desk of the weighing staff as well as other equipment and machines will be cleansed and disinfected at the beginning of each shift;
- e. The scale must be covered with a disposable sanitary towel being renewed after each weighing process;
- f. Additional grip zones, e.g. the shovel handle for the deadweight, must be disinfected by the weighing staff after each usage.

7. SANITARY FACILITIES

- a. 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.
- b. Toilets will be cleansed and disinfected every 2 hours.
- c. The cleansing and disinfection activities will be documented in a cleansing protocol.

8. PONTOONS

- a. The number of people at any given time on the pontoons will be limited to ensure adherence to the minimum distance regulations.
- b. The members of the Control Commission will manage the adherence to this rule. Everyone must comply with their instructions.
- c. The mouth/nose protection may only be removed once the boat is on the water.

6. PROTECTIVE MASKS

- a) The use of a protective mask is mandatory in all common spaces, both in the hotel and in the Venue;
- b) It is only allowed not to use the mask when the rower is on the embarkation / disembarkation pontoon, and when the rower is in the boat undergoing training;
- c) All coaches, delegates, staff and volunteers must wear a protective mask full-time while they are in common spaces at Venue or at the place of accommodation;
- d) Upon entering the shuttle, each athlete will receive a mask, which must be worn during travel and until the start of the training session at Venue.
- e) All athletes, when entering the pontoons for training, must remove the mask and discard it in the appropriate place (special disposal).
- f) Upon returning from training, when the athlete leaves the landing point, he / she will receive a new disposable mask for use during the stay at the venue and return to the shuttle.
- g) The same procedure will be adopted for training, heating or cooling in the area of ergometers. Protective masks will be provided by the OC at the exit of the hotel and must be used during transportation.
- h) Athletes should discard their masks when training in the water or erging in the appropriate bins for disposal of toxic waste.
- i) Individually packaged masks will be made available by the OC for athletes to use when returning from the training session.

7. WARM UP AREA

- a) The ergs in the warm-up area will be installed by the OC ensuring adherence to the minimum distance regulations.
- b) The athletes are responsible for disinfecting the erg handle as well as the seat before starting to row. The OC will provide adequate disinfectants.
- c) After cleaning by the athlete, an additional disinfection is done by the cleaning staff prior to use other equipment by the next rower.

8. REGATTA OFFICE

- a) The Regatta Office can be contacted during the official opening hours via mail regatas@remobrasil.com or mobile (number to be published later) to reduce personal interaction.

- b) Crew Change forms can be submitted electronically via regatas@remobrasil.com
- c) Medical Substitution forms must be submitted in person to the World Rowing office (or OC office).
- d) Access to the Regatta Office area is only permitted after registration at the Info Desk and accompanied by OC staff. This does not apply to representatives of COPARE/CSAR/ World Rowing or members of the OC.
- e) People waiting must remain in the entrance area next to the Info Desk.
- f) All counters in the Regatta Office are secured with sneeze guards.

9. INFO DESK

- a) The Info Desk may be closed during entire event. All information will be distributed paperless using official communication channels – WhatsApp group, webpages: www.remobrasil.com/rio2021, worldrowing.com.

10. VICTORY CEREMONIES

- a) The medal handover will be executed contactless. Medal tables will be prepared in front of the athletes. Athletes after being called go to medal table and pickup their medal themselves.
- b) The medal trays will be cleansed and disinfected after every victory ceremony.
- c) Any recognizing gestures, e.g. shaking hands, must be avoided.
- d) Athletes can remove their mouth/nose protection only for photos when be surrounded only by their own crew.
- e) The crews must adhere to minimum distance regulations towards other crews during group photos.
- f) Access for media representatives to the Victory Ceremony area is only permitted for OC staff.

11. CATERING

- a) Meals will be held only at the official hotels, where the respective team is housed;
- b) Meals will be served to groups at previously defined times, according to the schedule of training and transportation schedules, avoiding the crossing of groups and agglomerations;
- c) The food service will follow the current health protocol, self-service will not be allowed;

- d) The place of meals should follow the distancing protocol, with restricted seating at tables and disinfection at each group change (30 minutes);
- e) Catering is only available for accredited persons;
- f) Only a restricted number of persons may reside simultaneously in the catering area. People will be assigned to specific slots to ensure compliance with this rule. People are not allowed to enter the catering area outside the individually assigned time slot;
- g) Disinfecting the hands with the hand sanitizers provided by the OC is mandatory when entering and leaving the catering area;
- h) Self-service is not allowed for receiving the meals. The food containers are secured with sneeze guards;
- i) Dedicated waiting spots are marked to ensure adherence to minimum distance regulations;
- j) Adherence to the minimum distance regulations must be ensured at the tables. Therefore, dedicated seats are marked on the banks. Sitting on adjacent or opposite seats shall be avoided;
- k) OC staff, umpires and volunteers will have lunch service at Venue, according to a set time for groups, following the rules above.

12. MOTORBOATS

- a) Wearing a mouth/nose protection is mandatory for the respective motorboat driver.
- b) In principle, wearing a mouth/nose protection is mandatory for the Umpire as well. He/she might remove the mouth/nose protection while following a race to enhance the communication and audibility.
- c) The transport of additional persons is prohibited.
- d) The driver is responsible for disinfecting the steering wheel and the gear lever upon shift start.
- e) The driver is responsible for disinfecting the flags, the bell as well as the paper holder in case of a change of the Umpire. The megaphone must be exchanged and disinfected intensively.

13. TIMING SYSTEMS AND INSTALLATIONS

- a) The desks for the time measurement of finish times will be separated across multiple rooms to ensure adherence to the minimum distance regulations.
- b) Input devices must be disinfected after each change of the user.

14. VIP/MEDIA

- a) Table and chairs will be arranged by the OC to ensure adherence to the minimum distance regulations of 1.50 meters.
- b) The catering in the VIP area will be served and not be available via self-service.

15. START

a) BOAT HOLDERS:

- i. The boat holders will be shuttled in multiple buses to ensure adherence to the minimum distance regulations;
- ii. The boat holders enter the start bridge one after another in the order of their designated lanes, beginning with the most distant lane. Leaving the start bridge will be done in the reverse order.
- iii. Wearing a mouth/nose protection is mandatory for all boat holders.

b) STARTER

- i. In principle, wearing a mouth/nose protection is mandatory for the Starter as well. He/she might remove the mouth/nose protection while speaking to the rowers to enhance the communication and audibility.

c) ALIGNER'S HUT

- i. The Judge at the Start and the Aligner must adhere to the minimum distance regulations within the Aligner's Hut) A sneeze guard will be installed between Aligner and the Judge at the Start.

16. GRANDSTAND

- a) No public will be allowed at the Venue.

17. TEAM TENTS

- a) Teams have no possibility to bring and set up their own tent.

18. SPORTS PRESENTATION TEAM

- a) A sneeze guard will be installed between the announcers in the Finish Tower.
- b) To increase audibility, the commentators may remove the mouth/nose protection while commentating.