

GENERAL INFORMATION

It is obligatory to wear a mask and follow the rules of social distancing AT ALL TIMES. Frequent hand sanitisation is strongly advised.

All delegations are expected to study and follow the IJF competition protocol. A detailed hygienic protocol for the competition, including warm up area, judogi control, field of play, and any other areas not mentioned in this document can be found and downloaded at **COVID.IJF.ORG**

The Team COVID Managers must keep copies of ALL documents safe as may be needed in case of a positive case.

Any breach of the safety protocol will result in disciplinary action!

ENTERING HUNGARY (Airport)

Airport will have a dedicated line for Judo Family at border control

WHAT TO BRING

1. Passport, ID, and applicable visas, as required

- All regular border-crossing regulations must be followed regarding the validity of passports and visas, as applicable for each respective country
- Border control officers will check documents that contain basic personal details, identical to those found in the passport

2. 2 Negative PCR test results, 48 hours apart

- 2 NEGATIVE PCR TESTS ARE REQUIRED, TAKEN 48 HOURS APART AND ISSUED MAXIMUM 5 DAYS BEFORE ARRIVAL
- **ORIGINAL DOCUMENT + OFFICIAL TRANSLATION needed**
 - The documents can be presented either in PRINTED or PDF form, in English or Hungarian or any bilingual format containing English or Hungarian and issued by the testing laboratory
 - Official translations into either Hungarian or English are also accepted
 - Must be signed and stamped by translation office
 - No amateur/self-translations allowed
- ANYONE WHO FAILS TO PROVIDE DOCUMENTS CANNOT ENTER THE TERRITORY OF HUNGARY

3. Official Invitation from the Hungarian Judo Association

- All participants must present a PRINTED invitation letter from the Hungarian Judo Association (either individual or delegation) that the border control officers will keep

ENTERING HUNGARY (Trains, bus, car, etc.)

1. Same protocol as above
2. You MUST inform **Mr. VARI Tibor** (mail.tibor.vari@gmail.com) AS SOON AS POSSIBLE about which LOCATION and WHEN you will enter the country/cross the border

Transfer from Airport to Hotels will be provided by car/bus etc.

BUBBLE ENTRANCE PROCEDURE

The hotels and the venue function as protective bubbles

Arrivals at the Hotel:

1. Team Leader (ALONE) takes all documents to register everyone. Others stay in the car until room keys are received
2. Team members can only enter the Hotel when room assignments/keys are received
 - a. After the rooms are taken, **no room change is allowed** for safety reasons
3. Team members must take their luggage and proceed DIRECTLY to their rooms to await their first PCR test
 - a. There is **complimentary water and food** in the lobby to take on the way to your room
 - b. All participants must NOT interact with anyone in the hotel on the way to their rooms, until first PCR test result is CONFIRMED

IF YOU ARE ON A SPECIAL DIET, PLEASE, INFORM US BY SUNDAY EVENING (18 OCTOBER, until 20:00) AT Ms Réka BÁNOS, accommodation@judohungary.hu

We'll try to do everything to accommodate your needs.

CONDITIONS REQUIRED FOR PCR TEST SAMPLING:

Participants are required to keep the following rules **at least 4 hours prior the arrival** to their official hotel:

- Do not eat!
- Do not take candies or chewing gum!
- Do not drink (not even water)!
- Do not smoke!
- Do not brush teeth! Do not rinse your mouth (neither with water nor mouthwash)!
- Do not use any kind of nasal spray or drops!

ATTENTION! Those not complying with the sample taking requirements are **tested only after they meet the conditions**. The 12 hours result window opens only from that point.

FIRST PCR TEST - PCR TESTS UPON ARRIVAL IN HOTEL

The Team COVID Managers bear responsibility over their athletes and entourage

1. Participants must wait in their rooms for the sample to be taken by official technicians provided by Hungarian Judo Association
 - a. PCR tests for Sars-Cov-2 virus using a nasopharyngeal (nose + throat) swab are done in their rooms **after arrival**
2. Participants can leave their room **ONLY after receiving their negative PCR test result**
 - a. The results are expected to be ready within a maximum of 12 hours
 - b. The results will be communicated via the Delegation COVID Manager
 - i. Each Team COVID Manager is asked to provide an email and mobile number that can be used for notification
3. During the Waiting Period
 - a. Room service available
 - b. No outside bubble food delivery can access the hotels
4. Accreditation Card will be released to athletes and competitors once Negative PCR test confirmed.

SECOND PCR TEST - PCR TEST ON MORNING OF WEIGHT CONTROL

1. In order to minimise the possibility of infection, each athlete is tested for SARS-Cov-19 on the day before their competition day, the morning of weight control
2. Sample will be taken in the athletes room; time communicated to Team COVID Managers by the Hungarian Judo Association
3. After providing the sample, athletes can leave their room without waiting for result

MISSING ANY TEST WILL RESULT IN DISQUALIFICATION FROM THE COMPETITION – Make sure to pay attention to your arrival time to ensure that you will be available for both tests

REPORTING ANY SYMPTOMS

1. Anyone detecting any of the symptoms below must **STAY IN THEIR ROOM** and inform their Team COVID Manager
2. The Team COVID Managers must inform either the LOC COVID Manager **Ms Kata CSORBA at +36 30 196 8080** or the IJF COVID Manager/IJF Medical Commission Member **Dr Péter HIDAS at +36 30 933 3417**
3. **Failure to report symptoms will also result in disciplinary action!**

COVID - 19 SYMPTOMS

Most common symptoms:

- fever 37.5°C or above
- dry cough
- tiredness

Less common symptoms:

- aches and pains
- sore throat
- diarrhoea
- conjunctivitis
- headache
- loss of taste or smell
- a rash on skin
- discolouration of fingers or toes

Serious symptoms:

- difficulty breathing or shortness of breath
- chest pain or pressure
- loss of speech or movement

QUARANTINE RULES

1. Anyone tested positive at any time is to be quarantined at their Hotel
2. Quarantine period is **10 DAYS**
3. Persons can only leave quarantine if they are SYMPTOM FREE and produce 2 NEGATIVE PCR tests within 48 hours

Persons with negative PCR tests who are in close contact with the positive individual are:

- if not showing any symptoms → monitored
- if showing any symptoms → separated and monitored

Direct and related expenses of the quarantine are to be paid by the delegation. Delegations are expected to have health insurance coverage.

FAILURE TO STAY WITHIN THE BUBBLE WILL RESULT IN STARTING OVER THE ENTIRE TESTING PROCESS AT YOUR OWN EXPENSE.

BUBBLE SAFETY PROTOCOL

MEALS - MASKS ARE REQUIRED IN THE DINING AREA. MASKS CAN BE TAKEN OFF ONLY WHEN EATING AT THE **TABLE**.

- Meals will be provided in a secure environment
- There will be a limit to the number of people allowed in the dining area, to keep the protective distance while eating
 - Tables will be distanced
 - Multiple posts of food and drinks will be provided
- Dining area to be accessed on a come-eat-go basis

COMPETITION INFORMATION

1. ACCREDITATION

- a. A maximum of two persons per delegation are allowed to attend the registration of the competition
- b. Controlled running order for delegations to avoid overcrowding
- c. LOC to determine how many stations and how many people can be at the same time in the room
- d. Ensure 1.5 m distance between LOC and delegations
- e. The 2 (pre-arrival) PCR test documents and the *Declarations of Honour* in English to be brought to the registration

2. JUDOGI PRE-CONTROL / BACKNUMBER CHECK / NO RESERVE JUDOGI

- a. FOR HYGIENIC REASONS RESERVE JUDOGI ARE SUPPLIED ONLY FOR EXCEPTIONAL CASES
- b. To avoid disqualification during the competition:
 - i. each athlete is expected to appear in their judogi for **PRE-CHECK** (both colours / all judogi) **during the backnumber check**
 - ii. only athletes with a negative PCR test result can undergo the pre-check
- c. Reserve judogi are to be used only once or by the same person during a day
- d. Each used judogi will be properly sanitised before further use
- e. **ATHLETES WITHOUT ANY SUITABLE JUDOGI ARE DISQUALIFIED EXCEPT WITH DOCUMENTED LOSS OF LUGGAGE OR THEFT.**

3. WEIGH-IN

- a. Mask required
- b. General weigh-in rules apply
- c. Exact detailed sanitary protocol of weigh-in is published in the IJF Event COVID Protocol at covid.ijf.org

4. TRAINING

- a. Training spots are available by booking one-hour periods from 10:00 – 19:30
- b. Last training period is from 18:30 – 19:30
- c. Net training time is 45 minutes, there is a cleaning session after each delegation is finished. Booking is via <http://gymnasium.judohungary.com/main.php>
- d. Login details are the same as your hotel reservation login (
- e. **If you don't have a login, please, contact the local organisers: Ms Réka BÁNOS, accommodation@judohungary.hu, + 36 70-942-26-25**