



Santarém, 21 de junho de 2021

SCALABISCUP 21 – Contingency Plan

The following document is here to present the rules and procedures to take into consideration throughout the participation in SCALABISCUP 21.

Previous Point

COVID-19 is a disease caused by an infection via the new Coronavirus (SARS-CoV-2). The disease mainly manifests itself through respiratory symptoms, namely fever, cough and respiratory difficulties, though other symptoms may occur among which sore throat, generalised muscle pain, headaches, weakness and, on a much lesser scale, nausea/vomit and diarrhoea.

Based on current scientific evidence, the virus mainly transmits through:

- › Personal contact: dissemination of respiratory droplets, produced when an infected person coughs, sneezes or speaks and that can be inhaled or can land on the mouth, nose and eyes of those close by.
- › Indirect contact: hand contact with a surface or object that has been contaminated with SARS-CoV-2 and then coming into contact with mouth, nose or eyes.

1. Base Documentation

- › Direção Geral de Saúde: Orientação n.º 19/2020 de 17/06/2021;
- › Direção Geral de Saúde: Orientação n.º 36/2020 de 17/04/2021;
- › Resolução do Conselho de Ministros n.º 45-C/2021 publicada em Diário da República n.º 84/2021 Série I;
- › Resolução do Conselho de Ministros n.º 74-A/2021 publicada em Diário da República n.º 111 Série I
- › Câmara Municipal de Santarém – INF01 – Retoma das Atividades Desportivas_08jun2020
- › Câmara Municipal de Santarém - Plano Contingência - Pavilhões Municipais Covid 19_02jun2020

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PARTICIPATION

- › Enrolment and participation in the event implies the acceptance, adherence and respect of the norms imposed by the competent authorities when in pertains to pandemic control and not abiding by them may lead to disqualification and/or prohibited to participate;
- › **Every Head of Delegation of their respective delegation has to fill out the Terms of Responsibility approved by the Regional Health Delegation;**
- › **Every direct and indirect participant, including organization and volunteers must present a negative test done in the 48h prior to their arrival to the event;**
 - › If by the date of the event the EU Covid Digital Certificate is applicable to events then all those who present the Certificate will be exempt from testing.

2. AUDIENCE IN THE SPORTS HALL

- › SCALABISCUP 21 will not have audience on the stands;
- › Members of the comities will be allowed in, dully enrolled with credentials, in the bleachers, keeping with the law – 33% occupancy – and not using those places that are signalled as forbidden.
- › These members should circulate according to the established pathways.

3. MOVEMENT

3.1 GENERAL MOVEMENT IN THE SPORTSHALL AND THE ANNEXED HALL – GREEN ZONE

- › Only allowed entrance to those with credentials to the event;
- › Mandatory hand disinfection as you enter;
- › Disinfection of shoes as you enter is mandatory;
- › The use of mask inside the hall is mandatory for all participants, except gymnasts when training or competing on the equipment;
- › The use of a visor is optional and additional;
- › Mixing should be avoided when possible;
- › Circulation paths will be defined on a map and on the floor, and as such they should be followed by all those with permission to circulate in the hall;
- › There will be a limited amount of **STAFF CREDENTIALS**, that will allow members of the organising committee free access to spaces and paths in order to ensure the logistics and development of the event.



3.2 MOVEMENT ON THE “BLUE” TRAINING AND COMPETITION ZONES – GYMNASTS

BLUE ZONE is the common area used by gymnasts, coaches, judges and staff and that are absolutely necessary to participating in the competition;

Previous Point 1: every participant is only allowed to take all that is absolutely necessary to the practice of the sport and a backpack/bag, to store their belongings – **including shoes**;

Previous Point 2: the backpack/bag shall be placed far away from others keeping with social distancing rules;

Previous Point 3: training and competition groups will be organised by committees in order to minimize the close contact between different participants and delegations inside the sports hall;

- › The entrance is made through **DOOR 1**;
- › Fully identified gymnasts may only enter the **WARM-UP ZONE** at the time set for their committee (warm-up) or participation (competition), and with permission of the volunteer in charge;
 - During this period, they must maintain the recommended social distancing (2m) as much as possible and respect the mandatory use of mask;
- › Going into the **WARM-UP** will be done after indicated by either a member of the organization or a volunteer and gymnasts must take all their belongings with them;
 - During this period, they must maintain the recommended social distancing (2m) as much as possible and use a mask at all times, except when at the equipment;
- › Going into the **COMPETITION ZONE** will be done after indicated by either a member of the organization or a volunteer and gymnasts must take all their belongings with them;
 - During this period, they must maintain the recommended social distancing (2m) as much as possible and use a mask at all times (even during presentation), except when at the equipment;
- › Gymnasts that have finished their warm-up and would like to exit the hall may do so through **DOOR 3**, that is to be used solely for exits of those with credentials;
- › As soon as their participation in the **COMPETITION ZONE** is done the gymnast must leave the **BLUE ZONE** through **DOOR 2** and then choose to either leave the building or go to the bleachers.

3.3 GENERAL MOVEMENT IN THE “BLUE” WARM-UP AND COMPETITION ZONES - JUDGES

Same rules apply as those for gymnasts with the exception that they must go straight to the **COMPETITION ZONE**, following the designated path;

- › The use of a **FFP2 mask** is mandatory throughout the whole event;
- › They may enter the **BLUE ZONE** in the period right before the one they will be judging;
- › Each judge must remain in their seat throughout the period when they will be judging;
- › When they are not judging they must leave the **BLUE ZONE**.



- › Judges are not allowed in the **WARM-UP AND TRAINING ZONES**.

3.4 GENERAL MOVEMENTS IN THE EXTERIOR SPACE – “YELLOW” ZONE;

- › When possible social distancing must be maintained;
- › Avoid crowds and close contact with elements of different committees;
- › Mask must be used at all times except when using the bar and food facilities.

4. SIZES OF TRAINING AND COMPETITION GROUPS

- › According to the number of those enrolled and the sizes of each one of the delegations the organization pledges to:
 - › Organize the gymnast in groups as small as possible;
 - › To have all the gymnast from a committee compete in the same group;
 - › Minimise the amount of interactions between committees inside the **GREEN AND YELLOW ZONE**.

5. BUS RIDES

Bus rides and other transportation methods provided by the organization (shuttle airport-Santarém-airport) will be organized taking into consideration the regulations in place at the time for public transport;

6. CLEANLINESS AND DISINFECTION OF SPACES

In addition to the general cleaning and disinfection of the space, done by CMS/ViverSantarém, at the end of the day the organization will nebulize the utilized spaces;

GCS will also make disinfection tool for portable equipment available so that these can be disinfected whenever needed;



7. PERSONAL HYGIENE

- › Different stations with alcohol-gel will be made available so that participants may use them regularly and keep their hand disinfected;
- › The organization will also have surgical masks available should I be necessary.

8. ACREDITATION

Only one member of the delegation may be present for the accreditation. All of the documentation will be given to them in regards to the competition including (per participant) a map of the circulation paths and of the rules to be kept by all participants.

9. AWARD CEREMONY

- › The medal will be given to the gymnast on a pillow and they must put it on their own neck;
- › The podium will have a 2m distancing so that gymnasts may receive their medals without masks;
- › Team awards will be given to one member of the team;

10. BAR AND FOOD SERVICES

- › The organization will have a permanent outdoor bar and cafeteria for those participants that have previously acquired them;
- › In both cases, the rules determined by DGS and in place at the time will define the service;
- › Meals will be provided in an individual tray, and each participant must be seated at the table designated for their delegation. It will be the same table and used exclusively by them.

10.1 FINAL DINNER

- › The organization will provide a final event dinner to all that purchase the service. It will be by the sports hall and will keep with the regulations determined by DGS at the time for similar commercial situations;
- › The committees will be organized in bubbles in order to avoid close contact with member of other committees;
- › **Every participating member will have a PCR or antigen test done in the 48 hours prior to the event.**



11. SUSPICIOUS CASES

An element of the committee is forbidden to participate, every time they:

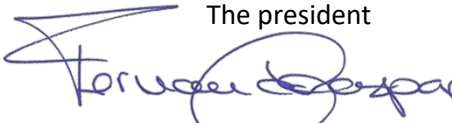
- › Have a temperature of over 37,5°;
- › Present with symptoms of cough, lack of air or any other respiratory symptom;
- › A family member has COVID-19;
- › The gymnast has taken a test and is awaiting results;
- › Tests positive to COVID-19

Whenever a suspicious case is detected, a designated element of the organization shall:

- › Put on masks and gloves prior to approaching the person;
- › Give out a mask and gloves to the person presenting symptoms;
- › Follow the procedures laid out in the document “Plano Contingência – Pavilhões Municipais COVID 19_02jun2020” da Câmara Municipal de Santarém

12. APPLICABILITY

The present plan is applicable from the 3rd to the 11th of July 2021.

The president

Fernando Gaspar