



IBSA BACK TO COMPETITION SPORT GUIDELINES IN TIMES OF COVID-19 - GOALBALL

This document imposes additional obligations on everyone who is participating in an IBSA Goalball competition during COVID-19. The rules, policies and procedures identified in this document will be enforced just like any other provisions in IBSA's goalball rules of play until such time as an effective and proven vaccine for COVID-19 is discovered and is made readily available throughout the world. Protests and appeals related to the content of this document shall be conducted in accordance with IBSA's protest and appeal procedures. Please note that this is a document which can be updated according to current changes and requirements.

Contents

- 1. Introduction**
- 2. Preliminary Organisation Measures**
 - **Mandatory attendance register**
 - **Volunteer duties**
- 3. Arrival in Host Country/Hotels**
- 4. Transport**
- 5. Classification**
- 6. Competition Venue**
 - **Before the game**
 - **Patching and monitoring eyeshades**
 - **Physical distancing**
 - **During the game**
 - **Medical assistance**
 - **After the game**
- 7. Anti-doping**
- 8. Medal ceremonies**
- 9. Appendix 1. COVID-19 symptoms**
 - Appendix 2. Hygiene and Infection Control Recommendations**
 - Appendix 3. Waiver of Liability**
 - Appendix 4. COVID-19 Health Declaration**

1. Introduction

This document has been developed to support the safe return to IBSA goalball competition activities, in response to the COVID-19 pandemic. These guidelines are defined for all the stakeholders including athletes, team staff, officials, volunteers and other staff including spectators (if they are permitted) involved in Goalball competitions to prevent COVID-19 infection. These countermeasures are also intended to support event organisers and all IBSA sanctioned competitions will be operated according to these guidelines. The main objective is to reduce contact between teams, officials and other participants and use facemasks, sanitizers and disinfection as per the medical and health authority recommendations.

この文書は、COVID-19の世界的流行に対応して、IBSAのゴールボール競技活動への安全な復帰を支援するために作成されました。これらのガイドラインは、COVID-19感染を防止するために、選手、チームスタッフ、役員、ボランティア、およびGoalball競技に参加する観客(許可されれば)を含む他のスタッフを含むすべての利害関係者に対して定義されます。これらの対策は、イベント主催者を支援することを目的としており、IBSAが認可したすべての競技会は、このガイドラインに従って運営されます。主な目的は、チーム、オフィシャルおよび他の参加者間の接触を減らし、医療および保健当局の勧告に従ってフェイスマスク、消毒液および消毒剤を使用することです。

Sanitization of the equipment and the playing area including toilets, changing rooms, entrance and exit points will be required according to the guidelines. The LOC must also follow national regulations and inform IBSA Goalball at least 60 days before the start of the competition, regarding any additional requirements which need to be put in place before an IBSA sanctioned event. In addition to the 60 days notice of any local health requirements, regular communication shall be required in order that IBSA is immediately notified of any change in these regulations. This document contains both COVID-19 specific recommendations as well as general recommendations on hygiene and infection control. Once the situation changes with regards to the COVID-19 pandemic this document will be revised accordingly, the updates taking effect immediately if another time frame is not given.

備品とトイレ、更衣室、出入口などを含む競技エリアがガイドラインに従って衛生的に保たれることを求めています。また、LOCは各国の規則に従い、IBSAが認可するイベントの前に実施する必要のある追加要件について、競技開始の少なくとも60日前にIBSA Goalballに通知しなければなりません。

地域の保健要件に関する60日間の通知に加えて、定期的な連絡を行い、IBSAがこれらの要件の変更を直ちに通知されるようにしなければなりません。この文書には、COVID-19特有の推奨事項と、衛生および感染管理に関する一般的な推奨事項の両方が記載されています。COVID-19パ

ンデミックに関して状況が変化した場合は、それに応じてこの文書を改訂し、別の期間が指定されていない場合には直ちに更新を有効にします。

It is everyone's individual responsibility to protect his or her health and the health of others by every possible means including the ones mentioned in these guidelines. IBSA assumes no liability and any damages arising as a result if any individual contracts COVID-19, even if these rules are followed precisely.

本ガイドラインに記載されているものを含め、可能な限りあらゆる手段を用いて、個人の健康および他者の健康を守ることは、すべての人の個人的責任です。これらの規則を正確に遵守している状況下で COVID-19 にかかったとしても、IBSA はいかなる責任も負わず、いかなる損害も負わないものとします。

2. Preliminary Organisation Measures

Mandatory attendance register

A **Safety Officer** must be assigned by the LOC and IBSA to keep an updated register with all the people enrolled in the competition: volunteers, athletes, team support staff, etc. It should include the register of incoming day and hour, and outgoing day and hour, direct individual mobile phone contact - mandatory (and in the case of teams also the team leader mobile phone contact), areas where he/she has been, accommodation location / room number, people in the same room, guides, in order to fulfil an eventual need of an epidemiological inquiry. However, it is important to stress that athletes may not leave the hotel or go outside of the hotel apart from going to the competition venue and at all times may only use the official transportation. The forms shall be marked private and confidential and treated as personal health information under the applicable IPC International Standard related to the protection of health information. These records should be destroyed within three weeks after the event, unless there are any pending protests or appeals. In such a case, the records will be destroyed within three weeks of the protest or appeal being concluded. If there are any suspected or confirmed cases (one person) and outbreaks (more than one person) they must be reported to the Safety Officer, LOC who will inform the country's Health Authorities immediately and the Technical Delegate as well as contacting the IBSA Executive Director henk.vanaller@ibsasport.org. All participants shall be informed as per instructions from the appropriate Health Authorities of that country. If the country where a competition is held has a Covid-19 tracing application, attendees may be required to install it on their mobile phones.

LOC 及び IBSA は、競技会に登録されたすべての人々、すなわちボランティア、アスリート、チームサポートスタッフ等の最新の登録簿を維持するために安全管理者を任命してはなりません。それには、疫学的調査の最終的な必要性を満たすために、入国日と時間、出国と時間、

個人の携帯電話連絡先-必須(チームの場合はチームリーダーの携帯電話の連絡先も)、彼/彼女がいた場所、宿泊場所/部屋番号、同じ部屋の人々、ガイドも含まれるべきです。しかし、選手は競技会場に行く以外はホテルの外に出たりすることはできず、常に公式交通機関のみを利用することができることを強調することが重要です。様式は、個人的かつ秘密のものとして表示され、健康情報の保護に関する適用可能な IPC 国際基準に基づいて個人健康情報として取り扱われます。これらの記録は、審議中の抗議や上訴がない限り、事件後 3 週間以内に破棄されるべきです。この場合、当該記録は、異議申立又は上訴が終結してから 3 週間以内に破棄されます。Covid-19 の疑いのある、または確認された症例(一人)および発症 (複数の人)がある場合は、安全管理者、LOC に報告する必要があります。LOC は、国の衛生当局およびテクニカルデリゲートに直ちに通知するとともに、IBSA 事務局長 henk.vanaller@ibsasport.org に連絡をします。すべての参加者は、その国の適切な保健当局からの指示に従って通知されるものとします。競技が開催される国に Covid-19 トレース・アプリケーションがある場合、参加者は携帯電話にインストールする必要があります。

The Safety Officer is the lead of the process concerning all these safety rules in times of the COVID-19 pandemic and will make sure that all those guidelines are respected and will work closely with the transport manager, volunteers and the venue manager as well as the IBSA Technical Delegate to ensure the safety of all participants is at the forefront.

安全管理者は、COVID-19 が世界的に大流行した際に、これらすべての安全規則に関するプロセスを主導し、これらすべてのガイドラインが遵守されていることを確認し、すべての参加者の安全を確保するために、輸送管理者、ボランティア、会場管理者、IBSA テクニカルデリゲートと緊密に協力します。

Volunteers

There should be at least three volunteers (more will be required depending on the facility size and layout and competition size) to make sure that the sanitation guidelines are adhered to by verifying that the athletes and their accompanying persons follow the rules and that all hygiene tools are in place. Non touch rubbish bins with closed lids to help contain contaminants are highly recommended. Rubbish bins should be cleaned with disinfectant, lined with a plastic liner and emptied after each half day. All sanitizers should be frequently checked and stocks replenished and they should be vigilant that all participants are using these at all times. No food or drinks may be brought in except for water personally carried in by each participant. (An exception to this rule can be made if the athlete, for example, has diabetes but a medical certificate should be produced evidencing this.) Participants may be required to bring a full water bottle if they are not able to fill it at the venue.

衛生に関する指針が遵守されていることを確認するために、競技者とその同伴者が規則に従っていること、およびすべての衛生器具が設置されていることを確認するために、少なくとも 3 人

のボランティア(施設の規模や配置、競合他社の規模によっては、さらに多くのボランティアが必要となります)が必要です。汚染物質を封じ込めるために蓋付きゴミ箱が強く推奨します。ゴミ箱は消毒剤で洗浄し、プラスチックライナーで裏打ちし、半日ごとに空にすべきである。すべての消毒剤は頻繁に点検し、補充し、すべての参加者が常にこれらを使用していることに注意すべきです。各参加者が個人的に持参する水を除き、飲食物を持ち込むことはできません。(この規則の例外は、例えば、競技者が糖尿病を患っている場合に認められますが、これを証明する診断書を作成すべきです。)会場で水筒に水を入れることができない場合、参加者は水筒を持参する必要があります。

LOC /the venue should have their own staff for cleaning bathrooms. Taps, sink bowls, toilets to be cleaned/disinfected at least two times during each half day-session. Use disposable, one-use sanitizing tissue for each separate high-touch surface or disposable paper towels with appropriate disinfectant. A thorough cleaning of all facilities in use should be done at the end of each half-day period with disinfectants.

LOC/会場にはトイレ掃除のためのスタッフがいるはずですが。半日のセッションの間に、少なくとも2回、水栓、シンクボウル、トイレを洗浄/消毒します。触る頻度が高いところには使い捨て消毒用ティッシュを、または使い捨てのペーパータオルを適切な消毒剤とともに使用します。使用中のすべての施設の徹底的な洗浄は、消毒剤で各半日の終わりに行われるべきです。

3. Arrival in Host Country/Hotels

Airport arrivals

It is imperative that each team attending an IBSA goalball competition is fully aware of the arrival airport's regulations in relation to their country and be sure to verify any contact the LOC before they depart to check for any recent changes. COVID-19 measures frequently change within short notice and IBSA or the LOC cannot be held responsible if teams are put into quarantine or if the necessary COVID-19 tests have not been performed in advance by the team. The LOC should communicate the relevant Covid-19 protocols at the airports and hotels to all nations attending the competition to make sure that everyone is aware of their obligations.

IBSA のゴールボール競技会に参加する各チームは、到着空港と自国との関連規定を十分に認識し、出発前に LOC に連絡して最近の変更を確認する必要があります。COVID-19 の測定値は予告なしに頻繁に変更され、チームが隔離された場合、または必要な COVID-19 のテストがチームによって事前に実行されていない場合、IBSA または LOC は責任を負いません。LOC は、競技会に参加するすべての国に空港やホテルでの関連のある Covid-19 プロトコルを伝え、すべての人が自分たちの義務を認識していることを確認すべきです。

Hotels

Each hotel will have specific hygiene and safety regulations in COVID -19 times. Participants will be notified of these requirements upon registration for the event, with updates given prior to departure, and review upon arrival. These regulations must be observed on arrival and throughout the stay of every participant. However, buffet is not recommended (both at hotels and at competition venues) because of not only crowding and queuing aspects but also because of the obvious hygiene problems of many people touching the serving spoons and dishes.

各ホテルは COVID-19 に関する特定の衛生と安全規則を持っていることでしょう。参加者には、イベントの登録時にこれらの要件が通知され、出発前に最新情報が提供され、到着時に確認します。これらの規則は、すべての参加者の到着時および滞在中に遵守されなければなりません。しかし、ビュッフェは、混雑していたり列に並んでいたりでなく、多くの人がスプーンや皿に触れるので衛生上問題があるため、推奨しません (ホテルや競技場で)。

4. Transport

It is expected that the transport provided will not mix different national teams and other people and therefore LOC are obliged to provide adequate transport for arrivals of teams and throughout the competition. Each team will travel together (separate men's and women's teams from each country), technical officials shall travel as a group (unless separated into two separate groups), classifiers shall travel as a group, etc.. A transport manager should be appointed for the duration of the competition and work closely with the Safety Officer to make sure all regulations on the transport are adhered to:

提供される輸送は、異なる代表チームと他の人々を一緒にしないと思います。したがって、LOC はチームの到着のために、また競技会を通して、適切な輸送を提供する義務があります。各チームは一緒に移動し(各国の男女チームを分ける)、テクニカルオフィシャルはグループとして移動し(二つの別々のグループに分けられない限り)、クラシファイアはグループとして移動します。輸送管理者は、競技会の期間中に任命されるべきであり、輸送に関するすべての規制が以下に従っていることを確認するために安全管理者と緊密に協力するべきです。

- Hygienizing alcohol (80%) or sanitizing alcoholic gel mix should be accessible on all transport. Each person entering (upon each entry), and leaving (upon each departure) will sanitize their hands;

衛生用アルコール (80%) または消毒用アルコールゲルミックスは、全ての輸送手段に用意すべきです。各人は輸送車両に乗る時と降りる時に手を消毒します。

- Garbage receptacles with no touch lids will be provided on each transport vehicle.

各輸送車両には、蓋付きでないゴミ箱を設置します。

- **All people must stay seated with masks on at all times. (See note regarding masks in Appendix 2);**
すべての人は常にマスクをして座っていなければなりません。(付録2のマスクに関する注記参照);
- **Cough etiquette is imperative at all times. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze;**
咳のエチケットは常に必要です。これは、咳やくしゃみをしたときに肘やティッシュで口や鼻を覆うことを意味します。
- **No one who is guiding an athlete should use their bent elbow;**
肘に手をかけた選手ガイドをしません。
- **Volunteers will not guide athletes; teams must provide support staff to fulfil this role.**
ボランティアは選手をガイドしません;チームはこの役割を果たすためにサポートスタッフを準備しなければなりません。

5. Classification

Classification will take place at designated IBSA sanctioned competitions and will strictly follow the IBSA Classification Hygiene and Infection Control Guidelines in times of COVID-19. See:

クラス分けは、IBSA 認定の競技会で行われます。

また、COVID-19 の時期には IBSA クラス分けに関する衛生面および感染管理ガイドラインに厳密に従います。参照:

<https://www.ibsasport.org/news/2041/ibsa-releases-guidelines-for-safe-sight-classification>

The IBSA Classification Hygiene and Infection Control Guidelines have been developed to support the safe return to classification activities in response to the COVID-19 pandemic.

COVID-19 の世界的流行に対応して、クラス分けの安全な復帰を支援するために、IBSA クラス分けに関する衛生面および感染管理ガイドラインが策定されました。

6. Competition Venue – Field of play

Before the Game

- 2 sanitizers must be available at all entrances to the venue where volunteers will be on hand to make sure that everyone has a face mask and they use the sanitizer;

すべての人がマスクを着用し、消毒液を使用していることを確認するボランティアがいる会場の入り口すべてに消毒液を2つ用意する必要があります。

- All people have to wear facemasks inside the venue. The exception is the players on the field of play;

すべての人は会場内でマスクを着用しなければなりません。例外はフィールドオブプレーの選手です。

- Hand sanitizer, facemasks and disposable gloves have to be present at the official table at all times;

手の消毒液、マスク、使い捨て手袋は常にオフィシャルテーブルに置かなければなりません。

- Participants should arrive at the facility in sports kit and when shower facilities and changing rooms are closed should go back immediately to the hotel without changing out of their competition uniform;

参加者は競技できる格好で施設に到着したほうが良いです。シャワー施設と更衣室が使用不可の場合は、競技用ユニフォームを脱がずにすぐにホテルに戻るべきです。

- The team presentation should be reduced to only verbally 5 minutes before the game without a marching-in;

チームのプレゼンテーションは、マーチインなしで、試合開始5分前に口頭で行うべきである。

- No hand shaking at any time is allowed, including at coin-toss;

コイントスを含め、どんな時も握手をしてはいけません。

- There is a need for air ventilation and disinfection after each game; (doors should be open – preferably to the outdoors);

各ゲームの後に換気と消毒が必要です;(ドアを開放し、外気を入れることが望ましい);

- Supplies of the following must be made available by the LOC at all times during the event: facemasks; non allergic latex disposal gloves; hand sanitizers; garbage bags; paper towels; cleaning wipes; spray disinfectants;

LOC は、イベント中に以下の供給物を常時利用可能にしなければなりません。

マスク、非アレルギー性ラテックス使い捨て手袋、手指消毒液、ごみ袋、ペーパータオル、ウェットティッシュ、消毒液スプレー

- **Follow all rules put in place by venue operators including local health regulations. This may include limited or no use of washrooms, change rooms and other areas. It may include coming to the program dressed ready to participate and departing immediately after;**

地域の健康規則を含め、会場運営者が定めたすべてのルールに従いましょう。

これには、トイレ、更衣室、その他のエリアの使用が制限されている場合や使用されていない場合も含まれます。着飾って番組に出演し、終了後直ちに立ち去ることも含まれます。

- **With regard to spectators in the venues or whether the attendance is restricted to only those participating in the competition and related support staff, the LOC must be guided strictly by the laws of the Local Health Authorities.**

競技会場の観客や競技に参加している人および関係サポートスタッフの参加が制限されているかどうかに関しても、LOC は地域保健当局の法律に厳密に従わなければなりません。

Patching and monitoring eyeshades

- **Teams will be responsible for any patching (referees can monitor);**
チームはすべてのパッチ装着に責任を持ちます (審判は監視することができます)。
- **Officials have to sanitize hands before and immediately after the eyeshades check procedure with each athlete. Extra time may be required for this and should be taken into consideration.**

オフィシャルは、各選手のアイシェードチェックの前後に手を消毒しなければなりません。これには余分な時間が必要であり、考慮されるべきです。

Physical distancing

- **Off court and out of game physical distancing of 2m must be vigorously sustained;**
コートの外やゲームをしていない時は 2 m の物理的距離は積極的に維持しなければなりません;
- **Different pathways for teams (before and after the game) will be created to maintain physical distancing;**

物理的な距離を維持するために、チーム(試合の前後に)用のさまざまな動線が作成されます。

- **Officials and spectators should avoid closed spaces (less than 1.5 meters between each person);**
オフィシャルと観客は、密を避けるべきです。(1.5メートル以上間隔をあける)
- **Table officials will be repositioned to maintain physical distancing;**
テーブルオフィシャルは物理的距離を維持するために位置を考えます;
- **Warm up area to be restricted to maintain physical distancing between teams. Only the required team members will be allowed in the warmup or competition area. This means only those who are listed on the game sheet;**
ウォーミングアップエリアはチーム間の物理的距離を維持するために制限されます。ウォーミングアップや競技会場では、必要なチームメンバーのみが入ることができます。これは、ゲームシートに記載されているメンバーのみを意味します。
- **Increase bench area space to allow for physical distancing**
ベンチエリアスペースを拡大して物理的な距離を確保します。
- **Do not celebrate by hugging and or touching teammates etc.**
チームメイトにハグしたり、触れたりして祝福してはいけません。
- **Substitutions will be guided onto court using the voice of the coach;**
サブスティテューションはコーチの声でコートに案内されます;
- **Try to avoid grouping at time outs or breaks.**
タイムアウトや休憩時に集まって密を作らないようにします。

During the game

- **Table officials have to wear facemasks and sanitize all equipment before each use or each game and after use (stop watches, scoreboard and etc.). Officials shall provide their own stopwatches, whistles and any personal items – or will be given a device to use for the duration of the competition).;**
テーブルオフィシャルはマスクを着用し、使用前または使用後にすべての機器を消毒しなければなりません(ストップウォッチ、スコアボード等。)。オフィシャルは各自でストップウォッチ、ホイッスル、およびパーソナルなものを持参します。または競技期間中に使用するためのものを供給されるものとします。
- **There will be no substitution boards: coaches will announce g numbers verbally. Substitutions will be guided onto court using the voice of the coach.**
サブスティテューションボードはありません。コーチは口頭で番号をアナウンスします。サブスティテューションはコーチの声でコートへ案内します。

- **Teams will be responsible for any patching (referees can monitor). (See patching and eyeshade check above)**
 チームはすべてのパッチ(審判は監視することができる)に対して責任を持ちます。(上記のパッチとアイシェードチェックを参照)
- **Facemasks must be worn when coaching from the bench in the competition;**
 競技中ベンチからコーチングする際は、フェイスマスクを着用しなければなりません;
- **An adequate supply of floor wipes using disinfectant during the game must be supplied and sweat droplets should be cleaned immediately if they appear on the court (wipes, mop);**
 試合中に消毒液を使用して床拭きを十分にする必要があり、汗の飛沫がコート上にあった場合は、ワイパーやモップで直ちに清掃する必要があります。
- **Facemasks will not be worn by the players when they are on the court participating in a match but must be worn everywhere else.**
 試合に出ている選手はコート内にいるときは、フェイスマスクは着用しません。しかし、それ以外のところではマスクを着用してはなりません。

Medical assistance

- **Medical personnel will take up a position on the other side of the court in a marked-out area with PPE: face mask (medical (N95) quality), gloves, eye protection, and apron, already applied ready to respond to an incident. If appropriate, the mask to be applied to the patient too;**
 医療関係者は、PPE（個人用防護具 personal protective equipment）で仕切られたエリアのコートの反対側に位置を取ります:フェイスマスク(医療(N95)品質)、手袋、保護眼鏡、エプロンは、既にコロナに対応するために準備します。適宜、患者にもマスクを供給します。;
- **Facemasks (medical (N95) quality masks) must be worn when delivering first aid or medical support. However, the recommendation is that First aid, where possible, be applied by the patient themselves through verbal instruction and physical distancing;**
 応急処置や医療支援を行う際は、フェイスマスク(医療用(N95)品質マスク)を着用する必要があります。しかし可能であれば、応急処置は口頭での指示および身体的距離を保って、患者自身が行うことが推奨されます;

- Medical timeouts must be extended to allow for new PPE to be applied to the medical personnel before retaking up their position.

医療従事者が職務に復帰する前に新たに PPE（個人用防護具 personal protective equipment）を適用できるように、医療従事者の休憩時間を延長する必要があります。

After the game

- No hand shaking at any time is allowed;
どんな時も、握手をしてはいけません。
- Air ventilation and disinfection of the FOP, official's table, team bench area and dressing rooms must be completed before the next game begins. Doors should be opened – preferably to the outdoors;
次の試合が始まる前に、FOP、オフィシャルテーブル、チームベンチエリア、更衣室の換気と消毒を完了する必要があります。屋外の空気を入れることが好ましい;
- The game ball must be disinfected after each game.
試合球はゲーム終了後、毎回消毒します。

Important: Everyone must understand that they may be subject to removal from a session or entire competition if they do not comply with these rules.

これらの規則に従わない場合、セッションまたは競技会全体から除外される可能性があることを全員が理解する必要があります。

7. Anti-Doping

Anti-doping procedures will be conducted according to the most recent COVID-19 protocols:

<https://www.wada-ama.org/en/resources/doping-control-process/COVID-19-ado-guidance-for-resuming-testing>

8 Medal Ceremonies

Medal ceremonies cannot be carried out as normal due to the proximity of medal and gift presenters to athletes during the awarding.

Presenters

Only one person will present the medals and the gifts, and this must be the same person for each medal and medal event taking place on one day.

Medal presenters must wear masks and gloves during the presentation. They may step aside at the end of the ceremonies only.

Medals will be presented to all medallists on trays or cushions by one person only. Each team member will come up separately or be separated to decrease amount of time the presenter is close to others. This is to avoid presenters coming into close contact with athletes, and to minimise the number of people present during the presentation. However, if the medal presenter is blind and requires a guide which frequently happens in IBSA sports, an exception should be made.

Ceremony – team medals

There will be three trays only: one set of bronze, silver, gold medals for each team

1. Presenter moves across the podium towards the relevant team and stands in front of them.
2. Presenter moves tray or cushion towards the Team Leader.
3. The team leader should pick up all six medals for the team
4. Presenter moves to the side of the podium for the national anthem;
5. Athletes and presenter remain in place for photos (athletes remain in their podium spots, no joining with other countries or competitors);
6. Athletes and presenter depart the podium in separate directions.

APPENDIX 1 - COVID -19 Symptoms

Watch for symptoms of COVID-19 that can appear up to 14 days after being exposed to the virus. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. The most common [symptoms of COVID-19](#) include:

- Fever*
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

While less common, symptoms can also include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

*Average normal body temperature taken orally is about 37°C.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-coronaviruses>

Appendix 2. Hygiene and Infection Control Recommendations

a. *Physical distancing*

Maintain a physical distance (a minimum of 2 metres or a greater distance if stipulated by the national health authority) from other individuals.

<https://www.who.int/westernpacific/emergencies/COVID-19/information/physical-distancing>

b. *Hand washing*

Performing hand hygiene frequently with an alcohol-based (80% v/v for ethanol or 75% v/v for isopropyl) hand rub and if your hands are not visibly dirty or with soap and water if hands are dirty; provide clear instructions to participants on hand washing, specifically when participants and athletes should wash their hands.

c. *Hand hygiene:*

https://www.who.int/infection-prevention/campaigns/clean-hands/WHO_HH-Community-Campaign_finalv3.pdf?ua=1
https://www.who.int/gpsc/clean_hands_protection/en/
<https://www.who.int/infection-prevention/tools/hand-hygiene/en/>

d. *Hand sanitisers:*

https://www.who.int/gpsc/5may/Guide_to_Local_Production.pdf?ua=1

It is permissible for participants to use their own hand sanitisers because of allergy issues.

e. *Non-latex gloves*

Gloves are not a substitute for hand hygiene. Gloves that are removed should not be put back on. It is also recommended that guides should wear gloves when accompanying the athlete.

How to safely remove gloves:

<https://www.globus.co.uk/how-to-safely-remove-disposable-gloves>.

f. *Face masks*

Masks must be worn by all participants in the competitions apart from the players when they are on the court participating in a match. For an accompanying person and/or translator a non-medical face mask can be considered (i.e., something constructed to completely cover the nose and mouth, without gaps, and secured to the head by ties or ear loops). Therefore, provide clear instructions on how to safely put them on and remove them. See WHO guidance:

<https://www.who.int/images/default-source/health-topics/coronavirus/risk-communications/general-public/protect-yourself/infographics/masks-infographic---final.tmb-1920v.png>
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

g. Cough etiquette

This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.

https://www.who.int/images/default-source/health-topics/coronavirus/risk-communications/general-public/protect-yourself/blue-3.png?sfvrsn=b1ef6d45_2

h. Cleaning and disinfecting surfaces

Surfaces should be cleaned with soap and water or a detergent to remove organic matter first, followed by disinfection. Use ethanol at a concentration of 70%-90%, or sodium hypochlorite (bleach) at a concentration of 0.1% (1000 ppm).

<https://www.who.int/publications-detail/cleaning-and-disinfection-of-environmental-surfaces-inthe-context-of-COVID-19>

Appendix 3

WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY

PLEASE READ CAREFULLY BEFORE SIGNING.

Completed waivers must be returned to the LOC with registration or prior to attending any IBSA sanctioned competition.

By signing below, the participant (named below) and/or the participant's guardian who represents the participant confirms that the participant:

1. Has not travelled internationally during the last 14 days;
2. Has not visited a COVID-19 high risk area, region or location during the last 14 days;
3. Does not knowingly have COVID-19;
4. Is not experiencing known symptoms of COVID-19, such as fever, cough, or shortness of breath, and if experiences such symptoms during the Event will immediately notify and depart from the Event;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to their home country;
6. Will follow government recommended guidelines in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability during the Event;
7. Will follow the rules and guidelines put in place by IBSA and by the Local Organizing Committee.
8. In addition, by signing below the Participant and/or the Participant's Guardian understands, acknowledges and assumes the inherent risks in participating in this activity or event, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19 contact or interaction with others who may have been exposed to COVID-19).

9. In consideration for allowing the Participant to participate in the Event, the Participant and/or the Participant’s Guardian:

(a) releases, discharges and forever holds harmless the Local Organization from any and all liability for damages or loss arising as a result of the risks of participation in or in connection with the Event;

(b) waives any right to sue IBSA and/or the Local Organizing Committee in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the risks of participation in or in connection with the Event, including without limitation the right to make a third party claim against IBSA and the LOC including individuals participating in delivering the competition for IBSA/LOC;

(c) freely assumes all risks associated with the risks, anything incidental to the risks, which may arise as a result of participation in or in connection with the Event.

YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION.

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

Print Name: _____

Date of Birth: _____

Print name: _____
The “Guardian” (if Participant is a minor)

Signature: _____
Participant or Guardian for minor

Date:

This waiver will be interpreted in accordance with the laws of Germany.

Appendix 4

COVID-19 AND HEALTH DECLARATION*

Separate forms to be completed by each athlete and support personnel on arrival and each day attending this IBSA sanctioned competition.

The health and well-being of all is our highest priority. As a result of the COVID-19 outbreak, we are applying screening processes and hygiene measures to safeguard athletes, their support staff and classification personnel. As a condition of proceeding with your participation in this IBSA sanctioned event, please answer the questions below and adhere to the additional hygiene processes requested of you.

SELF-DECLARATION	YES/NO
Are you presenting with any of the following symptoms relating to COVID-19? <ul style="list-style-type: none"> • Fever • Cough • Shortness of Breath 	
Have you in the past 14 days been in contact with someone diagnosed with coronavirus to your knowledge?	

If you respond 'YES' to any of these questions, then as a precautionary measure, you will be unable to proceed with participation at this time. We ask for your full support as we all have a shared responsibility to minimise the risk of exposure and protect our individual and collective health.

NAME

COUNTRY

IBSA MEMBER - NPC/Association

SIGNATURE

SIGNATURE OF GUARDIAN

DATE

*Self-declaration records will be used and disclosed for managing participation at an IBSA sanctioned competition during the risk period only and as required by local health regulations. Records will be kept securely and retained for a period required under our retention schedules in compliance with privacy laws and regulations. Please let us know if you have any questions or concerns and thank you for your co-operation.