



COVID-19 Protocol

2021 UEC BMX European Cup Papendal



General Information

Covid-19



Dear Federation,

Hereby you receive the protocol details regarding Covid-19, to avoid outbreaks and infection on sport center Papendal. The sport center and the hotel have been working very hard to stay open and to create the possibility to execute and organize sports again. Therefore we ask you and the team to carefully respect their rules and read this message well.

The rules in this protocol are to be respected but teams with even more strict rules are free to follow and execute their own protocol regarding testing etc.

During the UEC BMX European Cup, organized from September 24-26, our crew, spectators, partners, and you, the federation, are our highest priorities.

Over the past few weeks, we have been closely monitoring the COVID-19 situation and are taking precautionary measures to keep everybody safe.

Attached you will find our Covid-19 protocol, with all the necessary information about traveling to the Netherlands and your first arrival at Papendal in Arnhem.

The UEC has decided to follow the corona rules set by the Dutch government.

In order to gain access to the UEC BMX European Cup all team members (athletes and staff) and visitors must present a corona access card (CoronaCheck app or EU Digital Corona Certificate), including a participant's wristband or a UEC accreditation or a valid entry ticket every day.

Very important:

A person having any kind of covid-19 symptoms should not even start the journey to the Netherlands / Papendal (even with a negative PCR test)!

We are excited to host you all for this event and are looking forward to exciting races and a safe BMX European Cup!

We appreciate your flexibility and support during this time.
Kind regards,

Team BMX Papendal



Covid-1 rules of the dutch government for (sporting)events

Coronavirus entry pass is extra safeguard

The coronavirus entry pass system is being introduced for locations that will get busier when the 1.5 metre distancing rule is lifted. The aim is to keep the risk of transmission as low as possible while enabling people to socialise as safely as possible. The system also plays an important part in allowing most locations to open at maximum capacity – and to stay open.

As of 24 September, the coronavirus entry pass system will apply to bars and restaurants (but not takeaways), events (such as festivals, concerts and professional sports matches), and cultural venues (such as cinemas and theatres).

Whether people have a fixed seat or not, and whether the location is indoors or outdoors, everyone aged 13 and over will have to show a valid coronavirus entry pass to gain admission. Everyone aged 14 and over will also have to show their ID along with their coronavirus entry pass.

You can get a coronavirus entry pass if you are fully vaccinated, have valid proof of recovery or a negative result from a coronavirus test taken less than 24 hours before entry. For people without proof of vaccination or recovery, getting tested will remain free of charge.

You can generate a coronavirus entry pass using the CoronaCheck app on your mobile phone. Staff at hospitality establishments and organisers of events, sports matches and cultural activities can get the CoronaCheck Scanner app, so that they can easily check the validity of entry passes.

Basic rules still apply

Many measures have been lifted and we have gotten many of our freedoms back. But the virus has not gone away. It's still important to keep following the basic rules, even if you're fully vaccinated. Staying 1.5 metres from others is no longer mandatory, but is now an urgent advice. As long as the virus is circulating, giving each other space is common sense, and 1.5 metres is a safe distance that's proven to help prevent transmission of the virus. Just like the other basic rules: washing hands, coughing and sneezing into your elbow, not shaking hands, staying home and getting tested by the GGD if you have symptoms, and ensuring a good flow of fresh air indoors.



Travel

The rules on self-quarantining for people travelling to the Netherlands will change as of 22 September. Vaccinated travellers from the United States, the United Kingdom and other very high-risk areas no longer have to self-quarantine on arrival in the Netherlands. Prepare your journey well. Before you leave, check the travel advice on wjsopreis.nl (in Dutch) and reizentijdenscorona.rijksoverheid.nl/en.



COVID-19 Protocol

Sports Centre Papendal



Before arrival at Papendal

We will require the following information and documents of your team:

- Name and surname of participants (participant = all members of the participating delegations: athletes, coaches, physios, etc.)
- Name, surname and contact of Team Manager (one for each delegation) who will be responsible on site.

Get access to Team Area, BMX Track

- All competitors and staff have access to the BMX Team Area on presentation of a coronavirus entry pass (green card) and a UEC accreditation (competitor's band).
- This applies to everyone aged 13 and over.
- Everyone aged 14 and over will also have to show their ID along with their coronavirus entry pass.
- Each day the participants and staff will be checked for a coronavirus entry pass and will receive a covid-19 wristband.
- Participants can also go to the public area (camping, festival and grandstands).

Does a participant / staff have no vaccination certificate or recovery certificate? Then the rider / staff should test free of charge at least 24 hours in advance via testvoortoeegang.nl

Antigen test on Papendal

It is also possible to have an antigen test performed at Papendal for € 25.00. The test site is located next to the Team Area and is open on Friday, Saturday and Sunday from 08:00 to 19:00.

Parents/accompanies must have a valid entrance ticket and a corona entrance ticket



Three ways to get a corona access certificate

You can get a corona access certificate in 1 of these 3 ways:

1. Vaccination certificate:

Full corona vaccination. With a European approved vaccine. As of Saturday 10 July in the Netherlands, a vaccination is valid from 14 days after you have been fully vaccinated.

2. Recovery certificate

Proof that you recovered from corona less than 6 months ago.

3. Test certificate

A negative test result from less than 24 hours before the activity. You can have this test performed free of charge at the test site designated by the Dutch government.

Tourists and visitors (also participants and staff) to the Netherlands use their own corona certificate

European countries have agreed that every country should have a system for corona cards. They call it the EU Digital Corona Certificate (EU DCC). In the Netherlands, the corona certificate is issued via the app and website CoronaCheck.

<https://coronacheck.nl/en>

Using the international QR code in the Netherlands

Are you visiting the Netherlands and want to go to an activity? And did you come to the Netherlands with a European Digital Corona Certificate (DCC) from another country? You can also use the same QR code to go to an activity. This is usually the case if your DCC is based on a vaccination certificate or a recovery certificate.

Negative test result valid for up to 24 hours

Do you have a DCC with a test certificate? Then your negative test result should not be older than 24 hours at the start of the activity. Was your test too long ago? Then have yourself tested again in order to gain access to the event. You cannot upload this Dutch test result in another European app. Go to CoronaCheck.nl to convert your negative test result into a QR code for your activity.



Checklist to event or activity with CoronaCheck

Do you want to attend an event or activity in the Netherlands for which you need a corona access card? Then take the following 4 steps.

Step 1: Download CoronaCheck app or go to CoronaCheck.nl

- Download CoronaCheck-app
- Or print a paper corona ticket via CoronaCheck.nl

Step 2: upload your corona certificate

- Upload 1 of the following 3 proofs in the CoronaCheck-app or on CoronaCheck.nl:
- Upload proof of vaccination
- Upload Recovery Certificate
- Upload negative test result

Step 3: Have QR code scanned at event entrance

- QR-code automatically generated

Step 4: Enter with identification and entry ticket

- Bring proof of identity and admission ticket

Corona complaints: not going to an activity

Do you have complaints that fit with the corona virus despite the negative test results? Then do not attend the activity. And get tested for the corona virus at the GGD.

Information QR code

With the QR code of the corona ticket, the person scanning your code will only see your:

- initials of your name; and
- day and month of birth.

The CoronaCheck app does not show whether you have been tested, vaccinated or recently recovered. The person scanning the QR code will only see a green screen.

Tourists and visitors use their own CoronaCheck certificate

Do you prefer a paper corona ticket? Go to CoronaCheck.nl/print

Quarantaine

- Anyone tested PCR positive for SARS-CoV-2 virus at any time is to be quarantined in a single hotel room. It is not allowed to leave the hotel room during the period of quarantine.
- <https://www.government.nl/topics/coronavirus-covid-19/tackling-new-coronavirus-in-the-netherlands/self-quarantine>
- Persons can only leave quarantine if they are symptom free for at least 24 hours, and upon expiration of a minimum 7 days period.
- **Close contacts** to a positive Covid case are,
 - a) Roommates, persons who share the same hotel room,
 - b) Persons who in total (within 24 hours) had contact with the confirmed person for more than 15 minutes at a distance of less than 1.5 meters during their contagious period,
 - c) Persons who had prolonged contact (longer than 15 minutes) with the confirmed person more than 1.5 meters away in the same room, for example during meetings.
- The identification of contact cases with a confirmed COVID-19 case is the responsibility of the COVID doctor, in coordination with the team doctor and the competent health authorities.
- If a person is **PCR negative but was in close contact** with a positive person, he/she will not be quarantined.
- Additional measures can be required by local health authorities (epidemiological service) and will be applied on case by case basics.
- The hotel room of anyone that is quarantined will not be serviced by hotel housekeeping. Fresh towels and linen will be provided in a laundry bag. Meals will be delivered to the room on a serving tray. Disposable plates and cutlery will be used.

Reporting COVID-19 related symptoms

Anyone who shows any of the symptoms below must stay in their room and inform their Team Manager **and** the Papendal covid-19 coordinator.

Symptoms of COVID-19 (see figure 1):

- symptoms of a cold, like snot nose, runny nose, sneezing, sore throat
- Coughing
- Dyspnea
- Fever 38°C or above
- Sudden loss of sense of smell and/or taste
- Headaches
- Abdominal pain

Protocol for participation in training

Triage of complaints fitting COVID-19 prior to each training session

- If someone has any complaints, even though it is mild, stay at your hotel room. Do not take part in the training. Please directly inform your Team Manager and Papendal Covid-19 doctor.
- The Covid-19 doctor will put the athlete in quarantine in a single room and will organize a PCR-test. Until the test result is known, the interaction with others is avoided.

General hygiene rules

- Keep a 1.5 m distance at all times.
- Wear a facemask (cover mouth and nose) at all times. Exceptions: during training.
- Wash your hands frequently and use disinfection lotion at the public pumps on Papendal. In any case, disinfect your hands before and after every training session, and before and after every meal.
- No handshake.
- Cough or sneeze into your elbow.
- Follow the directions of signs and of Papendal co-workers at all times.
- Sport center Papendal has the right to refuse the entrance due to Covid-19 outbreak.



Insurance

It is the responsibility of the National Federation to ensure that in addition to their normal insurance they have sufficient insurance in place to cover any COVID-19-related costs.



Plan BMX Venue

