

## COVID-19 Protocol

### UCI BMX World Championships Papendal 2021

- Version 3.0 – 02-08-2021 -

## **Contents**

- General Information covid-19 measures
- Covid-19 restrictions Sports Centre Papendal & Hotel Papendal
- Plan BMX Venue

## General Information

### Covid-19

## Covid-19 protocol

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.

Anyone not complying with the conditions of participation described in this protocol will not be eligible to stay at the sports center or hotel.

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.

The facilities of sports center Papendal will only be available to teams and athletes that stay at Hotel Papendal and / or Sports center Papendal and consequently follow this protocol.

### Contacts Covid-19 LOC

Coordinator	Haike Blommestijn	+31 6 5048 9417 Haike@tigsports.nl
Medical logistic manager	Guido van den Acker	+31 6 5320 5317
Doctor	Patrick van der Geest	+31 6 2299 8576

## Conditions of participation BMX World Championships 2021

**Participation in the UCI BMX World Championships will only be allowed if the following conditions are met:**

- The production, on arrival, of at least one (1) negative covid-19 test result (PCR test made max. 72 hours before arrival). The certificate must be in English or bilingual with English as one of the languages.
- Anyone arriving without a medical certificate of the negative test result will not be allowed to participate and to stay in the hotel.  
Only healthy athletes who have been symptom-free for the last 14 days will arrive. We recommend the use of a COVID clinical suspicion questionnaire, to be completed daily. A questionnaire is proposed below as a suggestion (Figure 1).
- If you have any questions or concerns, please contact your coach or **Papendal Covid 19 coordinator Haike Blommestijn (+31 6 5048 9417, Haike@tigsports.nl)**.
- Participants and staff can only use Hotel Papendal or Hotel Van der Valk Arnhem. Staying in other hotels is not allowed.

### **Very important:**

- **After doing the first test at home, stay isolated and avoid social contacts as much as possible!**
- **A person having any kind of symptoms (figure 1) should not even start the journey to the Netherlands (even with a negative PCR test)!**

Covid-19 questionnaire	
Fever > 38°C	4 pts
Cough and/or dyspnea	4 pts
Abnormal fatigue	4 pts
Anosmia and/or ageusia	3 pts
Stuffy nose or sore throat	2 pts
Nausea, vomiting, diarrhea	2 pt
Unusual myalgia	2 pts
Unusual headache	1 pt
< or = 3	a little suspicious
4 - 6	moderately suspicious → PCR test according to the cor
> or = 7	highly suspicious → PCR test

Figure 1. Suggested screening questionnaire

## Traveling to the Netherlands

Procedure to get a Note Verbale or invitation letter for the BMX World Championships (from country with a entry ban)

- Participant and staff register with the UCI for the BMX World Championships
- UCI provides the participant and staff list to the BMX World Championship organization.
- Each participant and staff to the BMX World Championships organisation receives a Note Verbale or invitation letter.
- If you travel to the Netherlands from or by way of a very high-risk area, you must complete a quarantine declaration form before entering the country:  
<https://quarantinedeclaration.government.nl/en>
- BMX World Championships organisation shares the competitors list with the border police.

In addition, riders and staff outside Europe must comply with the usual entry regulations. For more information, please visit the website of the Dutch government: <https://www.government.nl/topics/coronavirus-covid-19/visiting-the-netherlands-from-abroad/exemptions-to-the-entry-ban/elite-athletes-and-their-support-staff>

(The PCR test required to enter the Netherlands can also be used as the PCR test for the event / Papendal)

For all riders of BMX World Championships, the quarantine obligation does not apply to those coming from very high risk area. See: [Exemptions to the mandatory quarantine requirement | Coronavirus COVID-19 | Government.nl](#)

## COVID-19 Protocol

Sports Centre Papendal  
&  
Hotel Papendal  
Hotel Van der Valk Arnhem

### 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.

### Arrival and stay at Sports Centre Papendal – Hotel Papendal

- All team members (athletes and staff) will take an antigen test (rapid test) for SARS-CoV-2 at arrival.
- The swab samples and antigen (rapid) tests will be taken by certified medical people.
- These tests will be organized by LOC Papendal.
- Antigen tests (rapid test) are held in a meeting room at Hotel Papendal
- Repeatedly all team members (athletes and staff) will take an antigen test (rapid test) for SARS-CoV-2 **every day**.
- The swab samples can be taken every day from 08:00 to 10:00 at Hotel Papendal.
- Saturday 21 August (evening before the race) the swab samples can be taken from 16:00 to 22:00 at Hotel Papendal
- You have to bring your ID when you take the tests.

Costs antigen test\*: € 25,00

Cost PCR test\*: € 75,00

### Testing abroad (exit the Netherlands)

It is also possible to take a test with certificate at Papendal from Saturday evening onwards to travel out of the Netherlands.

Costs antigen test (incl certificate)\*: € 60,00

Cost PCR test (incl certificate)\*: € 95,00

\* On arrival at Papendal all tests must be paid for. You will receive an invoice. The payment can be in cash, bank or credit card.

## Arrival at Hotel Papendal

- The delegation manager takes all documents to register everyone at the Reception desk. Others stay outside until room keys are received. Social distancing must be observed. **No room change is allowed.**
- All participants have to take their luggage, wear masks and proceed DIRECTLY to their own room.
- After you have placed your luggage in your room, you will go to the covid-19 test location in hotel Papendal.
- The Team Manager will receive an invoice for the tests and should be paid on the spot.
- The swab samples and antigen (rapid) tests will be taken by certified medical people.
- In the waiting room at the test location you take a seat on a chair and wait for the test result (approximately 15 minutes)
- **ONLY after the negative test result is obtained**, the participants are allowed to leave the waiting room.
- Following the rules in this protocol, it is allowed to walk around outside, but stay on the Papendal site.

For the meals, a separate room is set up in the hotel where the teams can have breakfast, lunch and dinner.

## 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.
- If a person is **PCR negative but was in close contact** with a positive person, he/she will be quarantined in a single room as well and monitored for 5 days. On the 5th day after the last contact with the positive person (day of contact is day 0), a PCR-test will be performed. In the waiting period the person stays in quarantine. If the test result is negative, the person is allowed to go out of isolation (decision of local Health Authorities). If the test is positive, then see the rules above.
- Additional measures can be required by local health authorities (epidemiological service) and will be applied on case to case basics.
- The hotel room of anyone that is quarantined will not be serviced by hotel housekeeping. Fresh towels and linnen will be provided for in a laundry bag. Meals will be brought 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 37,5°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 coordinator.
- The coach/Team manager 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, except for athletes during the training and warming.
- 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 and before and after every meal.
- No handshake, no physical contact outside of training.
- 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

