

**SAFETY PROCEDURE ON ACCOUNT OF COVID-19 DURING SWIMMING
CHAMPIONSHIPS
As at 01 October 2020**

On account of the restrictions arising from the Regulation of the Council of Ministers of 7 August 2020 on the establishment of specific restrictions, decrees and bans on account of the state of epidemic (Journal of Law of 2020, item 1356 as amended), and in order to ensure complete safety of the competitors, the public and the technical support staff during the championships, START Sports Club of Disabled Athletes in Szczecin, as the organizer of the Winter Polish Open Championships in Para Swimming at the Floating ARENA swimming pool in Szczecin at 16 Wąska St., 71-415, establishes the following safety regulations.

Safety regulations for the Winter Polish Open Championships in Para Swimming on account of the COVID-19 pandemic.

§ 1

General provisions

1. Individuals with symptoms of upper respiratory tract infection or body temperature higher than 38°C must not take part in the sporting event in any capacity.
2. Individuals taking part in the sporting event are required to disinfect their hands upon entering and exiting the sports facility or to wear protective gloves while at the sports facility premises.
3. While moving around the sports facility, until the moment of taking a seat in the stands, they are obligated to wear protective masks. A mask may additionally be supplemented with a protective visor.
4. The organizer of the sporting event or the entity providing access to the sports facility may refuse entry into the sports facility to individuals wishing to observe the event as spectators, if the limit of available seats in the stands has been exhausted.
5. The use of a protective visor or a piece of clothing as a substitute for a face mask is not allowed. A protective visor may only be used as supplementation of a face mask. The provision does not apply to the individuals holding positions that prevent them from wearing a mask, stipulated in the subsequent sections of these safety regulations.
6. Individuals who are unable to perform the obligation of covering their mouth and nose with a face mask are not allowed to participate in the sports event in any capacity.
7. The organizer of the sporting event or the entity providing access to the sports facility may ask individuals failing to observe these safety regulations to leave the sports facility.
8. During the sporting event, only the competitors participating in a given competition, their assistants, referees and other members of the competition technical team may be present at the pool basin.
9. As a safety precaution, competitors, coaches and referees ought to limit any external contacts to a minimum during the competition, they ought to avoid contacts with large congregations of people in shops, bars, restaurants and other food or entertainment outlets.

§ 2

Spectators

1. During warm-up and during the sporting event the number of spectators allowed to sit in the stands is half the number of the seat available.
2. Spectators must take every second seat in the stands, alternating between individual rows of seats.
3. The above obligation of social distancing does not apply to a participant who is in the stands with:
 - a) a child younger than 13 years of age;
 - b) individuals living together;

- c) a person who is under their direct care, who has got a certificate of disability, a certificate of the need for special-needs education or with a person who on account of the condition of their health is unable to move around independently.

§ 3

Team leaders, coaches and assistants

1. Coaches are obligated to collect signed statements from competitors certifying their familiarity with and commitment to observe the safety regulations during the championships. The statement must be signed by all adult competitors, and in the case of minors, their legal guardians must sign the statement.
2. Team leaders are obligated to monitor the health condition of all the members of their team, including above all the competitors' health condition.
3. Instances of high temperature and symptoms of upper respiratory tract infection must be immediately reported to the competition office.
4. The competition office, after consultations with competition medical services, may decide on a withdrawal of a competitor from the competition.
5. Contacts with the competition office should be carried out remotely, as far as possible (see §6).
6. If personal contact is required, only a designated team leader may contact the competition office (see §6).
7. Coaches may be present at the pool basin only during warm-up or in the capacity of a competitor's assistant.
8. Coaches and assistants are obliged to cover their mouth and nose with a protective masks while they are at the pool basin. The mask may be supplemented with an additional protective visor and protective gloves.
9. Coaches will be responsible for the competitors warm-up to be conducted in a designated lane and within the time frame designated by the organizer, in line with the presented time schedule.
10. At the competitors' meeting point, before a competition start, only essential competitors' assistants may gather.
11. Before entering a room or a zone where the competitors' meeting point is located, assistants are obligated to disinfect hands or to put on protective gloves.
12. At the competitors' meeting point, competitors' assistants are obligated to cover their mouth and nose with a protective mask. The mask may be supplemented with an additional protective visor.

§ 4

Competitors

1. Failure to observe the above-specified safety rules may constitute grounds for refusing competitor's admission to the competition, their disqualification or exclusion from participation in the swimming championships.
2. When moving around the sports facility (at the meeting point, at the pool basin as well as in service areas) competitors are obligated to cover their mouth and nose with a protective mask. The mask may be supplemented with an additional protective visor and protective gloves.
3. Competitors ought to report to the meeting point in accordance with the organizer's guidelines within the time and according to the rules for entry to the pool basin.
4. A maximum of two competitors' runs may gather along with essential assistants at the competitors' meeting point before a competition start.
5. The remaining competitors must wait outside of the meeting point, maintaining a minimum distance of 1.5 m between competitors.
6. Before entering a room or a zone where the competitors' meeting point is located, competitors are obligated to disinfect hands.

7. Before a competition start, competitors may take off a protective mask only once they pass to the lane from which they will be competing, not later than upon hearing a series of short whistles, signalling that competitors need to get ready to the start.
8. Competitors, after getting out of the water and while staying in the pool basin, are obligated to maintain a minimum 1.5-metre distance from others and to observe all the organizer's guidelines regarding movement around the pool basin.
9. Once a competition has finished and the competitors have collected their clothing, they must immediately put on protective masks and leave the pool basin.
10. Before getting into the water during a warm-up and after its completion, competitors who are at the pool basin are obligated to cover their mouth and nose with a protective mask. The mask may be supplemented with an additional protective visor and protective gloves.
11. Before the victory ceremony, until the moment when the competitors gather at the medal decoration meeting point, they are obligated to cover their mouth and nose with a protective mask. The mask may be supplemented with an additional protective visor and protective gloves.
12. Competitors should avoid unnecessary physical contact with other competitors who are present at the pool basin.

§ 5

Communication during the event

1. Only one person is allowed to be in the competition office apart from office employees.
2. Before entering the office, hand disinfection is absolutely mandatory.
3. All the people entering the office during the championships are required to cover their mouth and nose with a protective mask. The mask may be supplemented with an additional protective visor and protective gloves.
4. The recommended method of communication with the office should be by telephone or electronic means of communication.
5. The technical meeting can be held in a traditional fashion, but the rules of social distancing must be observed. The technical meeting may be conducted online or replaced by the necessary information being distributed by electronic means of communication.
6. Competitors' registration, issuing of accreditation and submission of documents will take place in a room that will allow a maximum 3 people to enter. All those entering must cover their mouth and nose with a protective mask. The mask may be supplemented with an additional protective visor and protective gloves. The individuals physically handling documents are obligated to wear protective gloves.
7. Any internal team meetings and referees' meetings may only take place in an open space or in rooms that enable social distancing with an obligation of covering mouths and noses with protective masks and previous hand disinfection.
8. Any possible contacts between a team leader and the Chief Referee will take place exclusively through the competition office.

§ 6

Final provisions

1. The provisions concerning referees will apply respectively to other people from the technical support staff.
2. People from the technical support staff whose work station is separated from other participants of the sports event with at least 1.5-meter distance are exempt from the obligation to cover their mouth and nose.
3. During a warm-up and during swimming competitions organized in an administrative district designated as a yellow zone, the number of spectators allowed to enter the stands must be no more than $\frac{1}{4}$ of the number of available seats.
4. Individuals in the stands must then take every fourth seat, alternating between individual rows (chessboard-like).

5. A swimming competition organized in an administrative district designated as a red zone, will take place without any spectator participation. Only the competitors entered for the participation in a given competition block, coaches and essential carers are allowed to be present in the stands, while obligatorily maintaining the distances that are prescribed for competitions taking place in a yellow zone.

Annex 1.

DECLARATION OF A CLUB OR FEDERATION REPRESENTATIVE OF HAVING OBTAINED DURING THE COMPETITION:

- **Declarations of acknowledging “Safety procedures relative to COVID-19”**
- **Parents’/legal guardians’ statements**

I, the undersigned

.....
(name and surname)

club, federation name:

hereby declare that:

1. I am familiar, and I familiarized the competitor or his/her parents/legal guardians with “Safety procedures relative to COVID-19”, hereinafter referred to as the Procedure.
2. During the competition I will have the Statements signed by a competitor or their parents or legal guardians.

.....
(Place, date)

.....
(stamp, signature of club, federation representative)

ANNEX 2.

COMPETITOR'S/CARER'S/SUPPORT STAFF'S STATEMENT RELATIVE TO THEIR PARTICIPATION IN THE SWIMMING COMPETITION DURING covid-10 EPIDEMIC

I, the undersigned competitor

.....
Competitor's name and surname

Club, federation name:

Hereby declare that:

- I am familiar, and I familiarized the competitor or his/her parents/legal guardians with "Safety procedures relative to COVID-19", hereinafter referred to as the Procedure.
- I commit to observe all the principles stipulated in the Procedure related to sanitary regime, specifying above all that only and exclusively healthy individuals, without any runny nose, cough, raised body temperature may participate in the competition, and if any disease symptoms occur, they will be placed under the care of medical services.
- I acknowledge and accept that once I start showing any visible symptoms I will not be admitted to the competition, and relevant services will be notified of the condition of my health.
- I commit to immediately notify the competition organizer of any changes in the health situation relative to COVID-19 in my close circle during the competition.
- I declare that no one in my immediate family, to the best of my knowledge, has had contact with a COVID-19 patient over the last two weeks, and no one in my immediate family or close circle is under quarantine, or demonstrate any symptoms of an upper respiratory track disease.
- Furthermore, My health is in the condition – I am showing no symptoms of, e.g. raised temperature, runny nose, allergy, cough, diarrhoea, difficulty breathing, rash, muscle aches, sore throat, loss of taste or smell and other atypical symptoms.
- At the same time, I declare that I am aware of the full liability for my voluntary participation in the competition organized by START Sports Club of Disabled Athletes in Szczecin - the Winter Polish Open Championships in Para Swimming, which will be held at the Floating ARENA swimming pool, in Szczecin at 16 Wąska ST., 71-415, in the current epidemiological circumstances in Poland and globally (pandemic).
- I declare that I was informed of the risks that my and my family's health is exposed to.
- I realize that COVID-19 infection may occur at the sports facility despite the implemented sanitary restrictions and protection measures resulting from the regulations of the law.
- I realize that in the event of an infection or its suspicion in a competitor, the competition will be suspended and all those present at the sports facility at the time, as well as their closest circle will have to undergo quarantine.
- I realize that if any worrying symptoms are observed in a competitor, this individual will be immediately placed in an isolation room, equipped with the necessary means of personal protection, competent services and authorities will be notified immediately.
- I declare that I am not allergic to disinfecting agents (if so, please specify:))
- I declare that in the event a competitor gets infected at the sports facility or if symptoms occur, resulting in the circumstances specified in the document above, I will not file any complaints, claims against the competition Organizer, the sports facility or the authority supervising the sports facility, while being fully aware of the epidemiologic risk arising from the current situation in Poland.

Date and competitor's signature (in the case of a minor, the minor's guardian)