

The Covid-19 pandemic protocol during the IT SNP in Banská Bystrica

- The fundamental principle during the Covid-19 era is **to Protect and Be Protected** by wearing a mask and respecting the recommendations of this protocol. All participants have the **mutual responsibility** to protect one-another.
- Keep the mask on at all times when in public indoor spaces (shops, public transport, restaurants...), except for meals if taken in public spaces.
- Avoid as much as possible all public indoor spaces whenever not necessary.
- **Have a rest and fun at the outside places only!**

General measures for the competition and TC

- **Disinfection**: Wash/sanitize your hands regularly and especially if you have had contact with a person or an object.
- Competitors should wash and disinfect their hands and feet regularly, especially before the warm-up and the contest.
- **Wear a mask** (change it at least twice a day) – a mask should be used at the entrance to the sport hall and during the stay in the sport hall.
- In the event of intense physical exertion, it is allowed for the mask to be removed.
- The competitor will remove his/her mask just before getting on the tatami, place it in the box and put it back on immediately after the fight.
- **All the persons** present in the competition venue must wear a mask, except in particular cases.
- **Social distancing**: at least 1 .5 m distance between persons, wherever/whenever it is possible.
- No handshake - use elbows to greet or greet each other with a bow.
- Be the only one to use the same paper documents, mobile phone, bottle of water, etc.
- **No gloves** should be used, except in particular cases (e.g. blood injuries).
- **Respect the staff and cleaning/ disinfection procedures.**
- **Use the available sanitizer dispensers.**
- **If a person has symptoms of a COVID-19, notify it IMMEDIATELY to the organizer.**

Accreditation

- A maximum of two persons per delegation are allowed to attend the registration to the competition.

Weigh-in

- Competitors should disinfect their hands and feet before the weigh-in.
- Athletes must stand on the scales barefoot.
- The weigh-in will be organized and the running order should be defined to avoid overcrowding – respect the instructions.

Draw

- The seeding and the draw will be conducted by **one coach (head coach) of each country** on Saturday after the weigh-in.

Arrival at competition hall

- Respect the sectors and seats for particular countries!
- Manage your luggage individually.
- Maintain social distance from other delegations, members of the organization staff and the public if possible.

Competition order

- Competition will be divided into 2 or 3 blocks (according to the number of participants).
- After each block finalized by an awarding ceremony will be complete sport hall disinfected – 30 minutes break and then will start the warm-up and continue the competition.
- The competition order and block order will be actualized on Friday evening and all the delegation will be informed.

10:30 – 12:30 – women (all categories)

13:00 – 13:45 – warm-up men

13:45 - start of the men categories (possible 2 blocks)

- **Only competitors and their coaches on program are allowed to enter the sport hall!**

Thank you very much for respecting the Protocol. Only a mutual respect can help to Protect and to be Protected!

