

Federação Portuguesa de Orientação Clube de Orientação de Viseu



Contingency plan for the event: Beira Alta O'Meeting 2022– Based on the Good Practice Manual of FPO

(Individual mobility without contact sport event)

Orientation

- Is a sport practiced outdoors, where the athletes, individually, need to get to a number of check-points defined by the organization. Orientation is considered, by DGS (Portuguese General Health Management), a sport of low risk.
- The path between two check-points is chosen by the athlete, giving dozens of options between them.
- Orientation is an equitable sport, meaning each ranks (divided by age groups of 2, 5 or 10 years old) has it owns challenges, called route.
- For each rank the starting time is spaced between 1 to 3 minutes between athletes.
- To avoid athletes to try and complete the challenge together there might exist different routes in between the same check-points.

21 23 JANUARY 2022

BEIRA ALTA O' MEETING
WORLD RANKING EVENT

21 JANUARY - PENEDONO
Modal Event - Beselga

22 JANUARY - PENEDONO
Middle Distance - Penela da Beira
Sprint - Penela da Beira

23 JANUARY - SERNANCELHE
Long Distance - Vila da Ponte

MORE INFORMATION: BEIRAOM.COUISEU-NATURA.PT

Sponsors and Partners: Penedono, SERNANCELHE, OF, O-Portugal, Vitalis, I&DT, BTA, vizeurapa, Rodinivopu Lda.

EVENT INTRODUCTION

Beira Alta O'Meeting 2022
Dates – 21, 22 e 23 of January of
2022

The event - a presentation

The event Beira Alta O'Meeting 2022, occurs between 21, 22 e 23/01/2022, in Penedono e Sernancelhe and it has 3 phases;

21 of January of 2022 (Friday) - Beselga, Penedono

- 10:00: Model Event. (Non competitive event. There won't be any contact between athletes and organization members. The athletes arrive whenever they want with their test map.)

22 of January of 2022 (Saturday) – Penela da Beira, Penedono

- 10:00: Middle distance start
- 10:30: Open classes and formation classes starts
- 15:30: Sprint WRE start
- 16:00: Open classes and formation classes starts

23 of January of 2022 (Sunday) – Vila da Ponte, Sernancelhe

- 09:30: Long Distance WRE start
- 10:00: Open classes and formation classes starts



CONTIGENCY

Athletes general procedures

- Any athlete with Covid-19 related symptoms won't be aloud to participate in the events;

The athletes **must**:

- Fill in and sign a **Responsibility Term (Appendix 1)**, in which the athlete compromises to follow the preventing measures to control the spread of the SARS-CoV-2, as well as the risk to catch it during the even;
- Respect social distancing rules from others participants and/or members of organization;
- Being responsible to follow the sanitary rules, being able to use the materials given by the organization;
- Being responsible to keep their personal belongings safe, including the vehicles keys;
- Mandatory use of masks, or any other protection equipment, whenever out of competition;
- Gear up inside the vehicle.

Athletes general procedures

EU COVID Digital Certificate

- According to the current pandemic situation felt in Portuguese center region, characterized by an increasing number of contamination with the COVID variant Omicron, and according to what is established in the no. 2 of the Article 13.º of the council ministers resolution no. 157/2021 of 27th of November, the access to events of any kind of nature, including sport events, **depends on** the presentation from the athletes of the EU COVID Digital Certificate, admitted in the terms of the law Decreto-Lei n.º 54-A/2021, of 25th of June, namely:
 - a) Proof of complete vaccination in the terms of the no. 2 of the article 4.º of Decreto-Lei n.º 54-A/2021, of 25th of June, at least at more than 14 days, with a COVID-19 vaccine authorized in the terms of the regulation no. 726/2004 of the European Council and Parliament of 31st of march of 2004, which recognition was determined by the order defined in the no. 2 of the article 5.º of Decreto-Lei n.º 54-A/2021, of 25 of June; **or**
 - b) Proof of a laboratorial negative test, ensuring that this test is in compliance with the requirements defined in sublines i) or ii), of the line b) of the no. 1 of the article 4.º of Decreto-Lei no. 54-A/2021, of 25 of June.
- It is also required to fill the Responsibility Term that is attached to the Orientation no. 38/2020 of 25/08/2022 updated at 28/12/2021 of DGS;
- According to the no. 7 of article 13.º of the already mentions council ministers resolution, the organization has the duty and responsibility to ask and check the compliance with all the mentioned points, without being responsible for the diagnose tests (including any charge). Nevertheless, the organization will provide a space leased to an external entity to facilitate the realization of the necessary tests, particularly an antigen test that is enough to comply with the line b) of the current slide.

NOTE: This applies to athletes older than 12 years old.

Athletes general procedures

EU COVID Digital Certificate

- The athletes must present one of the certificates in the covid check point available in the event arenas. In this check point, the organization will place an inviolable bracelet on the athletes with a valid certificate. If valid for both days, a white braceleted is given. If valid for only one day, a orange bracelet is given instead. This means that an athletes with an orange bracelet will need to present a new test certificate on Sunday;
- Athletes younger than 12 years old do not need to present any certificate but must should go the covid certificate check point in order to receive a white bracelet, after proving their age;

General procedures of the Athletes

- Get to the competition area as close as possible to the beginning departure hour;
- Walks between competition areas should be done alone or with only with from the same household.
- Only get to the competition area already geared up.
- Athletes must wear a mask until departure moment.
- After arriving the athletes must follow the signs to go back to the parkinglot.

The athletes **must not**:

- Physically great any other athletes;
- Borrow or loan maps, chips, compasses and any other material used during competition.

General procedures of the Clubs

The clubs **must**:

- Ensure that all their athletes sign the Responsibility Term (Attachment 1), on which they commit that they will follow all the rules and prevention measures regarding the controlling of SARS-CoV-2 infections, as well as understand and accept the risk of contamination by SARS-CoV-2 during the practice of sport activity, either in the context of training or competition;
- Promote and encourage the compliance with the rules of hygiene and security;
- Promote the anticipated payment of entries, particularly during the days before the event start;
- Be the main promoters of all the required information to participate in the event: start lists, results and other information shared by the organization;
- Guarantee that all athletes have the necessary equipment to participate in the event (e.g. BIB number, compass, SI, adequate clothing, masks);
- Guarantee that all the transportation is made following all the security rules, established by the competent authorities;
- Guarantee that all athletes (including younger athletes < 12 years old) go to the certification check point to get the necessary bracelet that proves that certificate validation. Without bracelet, they cannot participate in the event;

The clubs **must not**:

- Mount or promote any space of lounge in the arena (e.g. tent in the arena) ;
- Promote any kind of agglomeration of people.

Staff procedures

- Make sure DGS recommendations are being fulfilled;
- Mandatory mask use;
- Regular hands and common spaces clean;
- Honour social distancing rule from other athletes and/or members of the organization;
- The control placing teams:
 - Should bring with them alcohol gel to clean the material;
 - Should clean the material when placing and picking the control point;
 - When possible, the team should be composed of elements of the same family;

ORIENTEERING EVENT SPOTS

SPOTS\	Before	With Implemented Measures	
Secretariat	In the arena	Preferably online	≠
Technical team	Without material disinfection	With material disinfection	≠
Babysitting	Na Arena	Service not available	✘
Arena	With spectator control, support services, social spaces	Reduced to the minimum possible	≠
Starts	Minute-by-minute Starts in a hallway	Starts with proper spacing	≠
Finish	2 pontos on finish	2 points on finish with disinfection points/masks	≠
Hard Floor	Available in 2-day event	Service not available	✘
Awards Ceremony	In the arena	Possible, according to the rules, at the time, of the DGS	≠

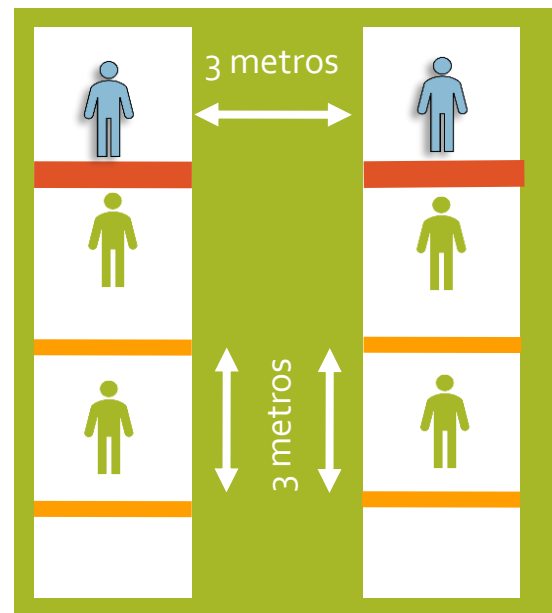
SEE DETAILS IN NEXT SLIDES

Secretariat

- Procedures for the event:
 - The secretariat **should be preferably online.** You can use the email inscricoes@beiraom.coviseu-natura.pt to clarify any doubt. Please leave for the day of the event only small things as pick the BIB numbers. Please request changes vi email.
 - The payment should be preferably made through bank transfer, sending an email with the proof of payment to the event email as described in <http://beiraom.coviseu-natura.pt/WRE22/pt/inscricoes/>.
 - The start list will be published online. The organization won't print start lists.
 - For those who need SI Card, they can do it on the secretariat by the athlete that needs it and should be returned in the finish. The organization will clean always the SI Cards.
 - All the information will always be provided on the website (<http://beiraom.coviseu-natura.pt/WRE22/en/>);

Secretariat

- Scheme:
 - Separation acrylic between the organization (blue) and athletes (green)
 - Promotion of social distance between participants that really need to go to the secretariat



Arena

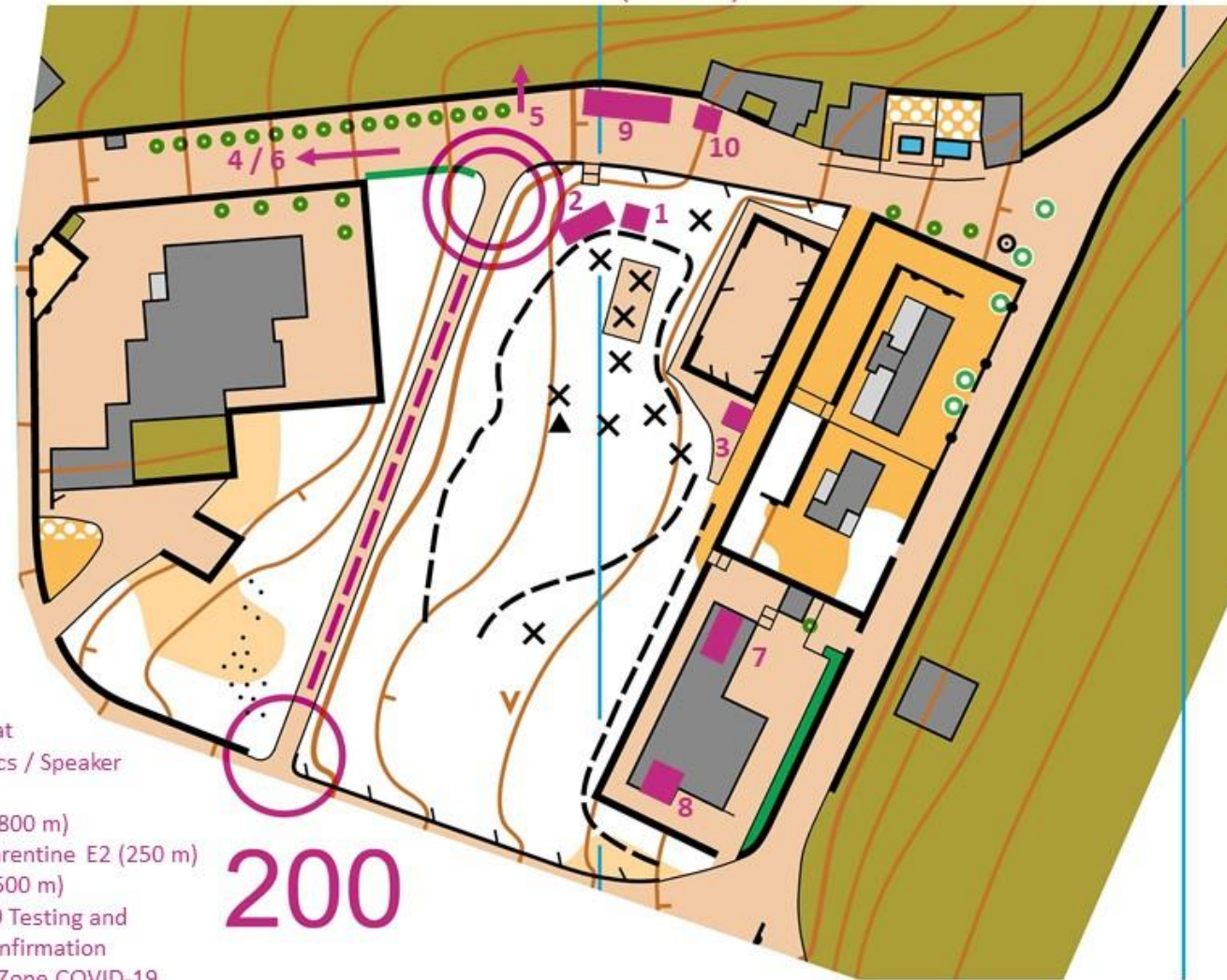
The arena will be simplified to avoid the agglomeration of people.

Preventions actions:

- Clubs tents are not allowed;
- There won't be printed results. The results can be checked online;
- There will be disinfection point in different areas (secretariat, starts, finish, awards table, etc);

ARENA PENELA DA BEIRA – Day 1

(E1 e E2)



Legend:

- 1 – Secretariat
- 2 – Informatics / Speaker
- 3 – Wc's
- 4 – Start E1 (800 m)
- 5 – Start/Quarentine E2 (250 m)
- 6 – Parking (500 m)
- 7 – COVID-19 Testing and certificate confirmation
- 8 – Isolation Zone COVID-19
- 9 – Stores
- 10 – First Aid

Start flow:

- Álcool Gel;
- Temperature measurement;

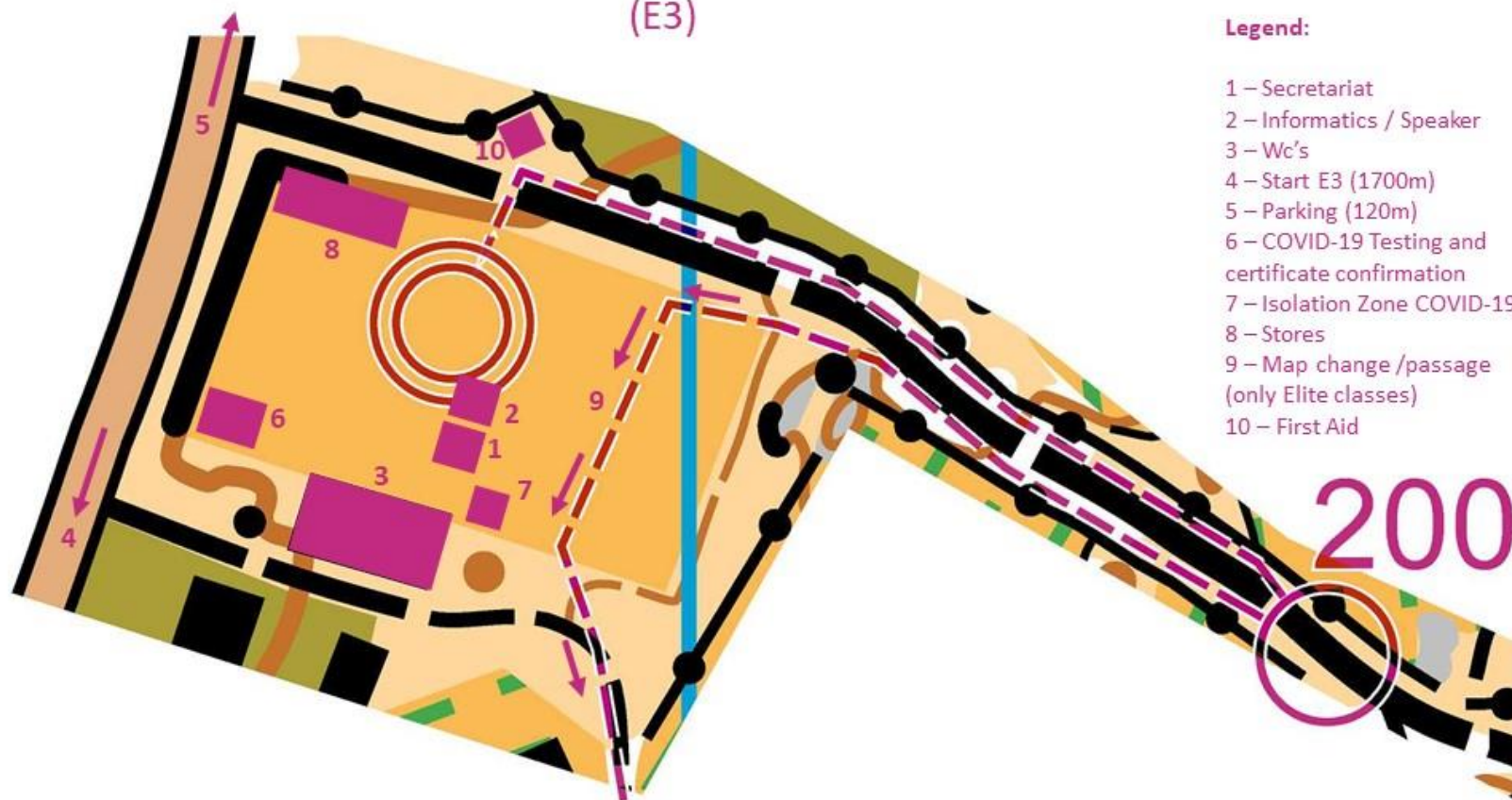
Finish flow:

- Álcool Gel;
- Mask;
- SI download.

ARENA VILA DA PONTE– Day 2 (E3)

Start flow:
- Álcohol Gel;
- Temperature
measurment;

Finish flow:
- Álcohol Gel;
- Mask;
- SI download.



Legend:

- 1 – Secretariat
- 2 – Informatics / Speaker
- 3 – Wc's
- 4 – Start E3 (1700m)
- 5 – Parking (120m)
- 6 – COVID-19 Testing and certificate confirmation
- 7 – Isolation Zone COVID-19
- 8 – Stores
- 9 – Map change /passage (only Elite classes)
- 10 – First Aid

STARTS

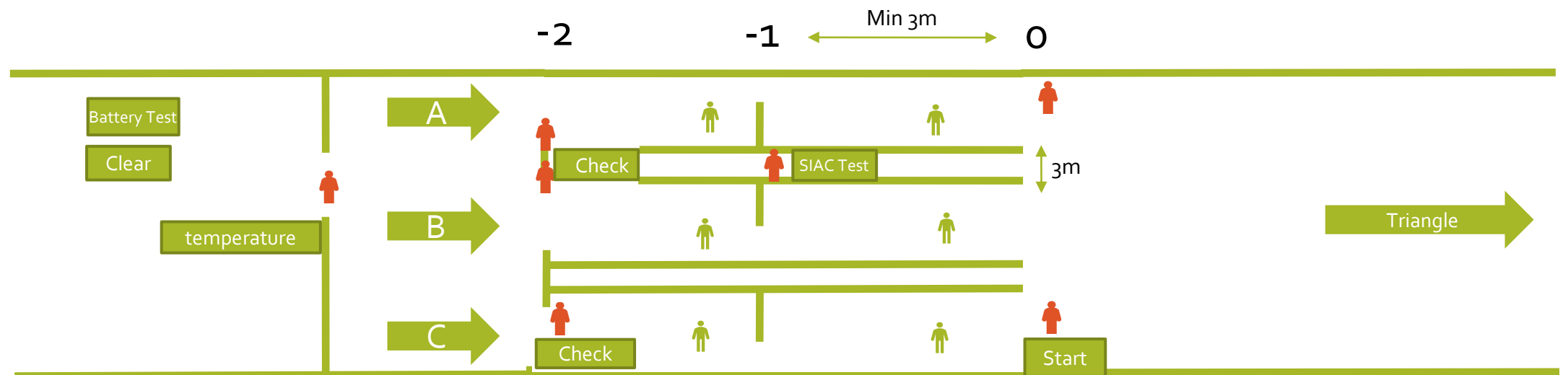
Athlete Procedures:

- It is mandatory to clean your hands before entering the start zone;
- It is mandatory to wear a protective mask until departure (minute zero);
- It is mandatory to present the bracelet provided by the organization after presenting a vaccination certificate or negative test to COVID-19.

Prevention measures:

- There will be a different number of corridors depending on the number of registered participants, in order to guarantee their equitable distribution, avoiding physical proximity.
- Supplemental signage is provided with the map;
- Departure times are available online;
- Body temperature is measured at the entrance to the Starts zone. If the athlete obtains a value greater than 38.0°C, the measurement must be repeated 2 times with a 5-minute interval. If the temperature remains above 38.0°C, the athlete will be prevented from participating in the event.

Starts scheme (indicative)



- Clear Clear and alcohol gel
- Check Check
- Start Start
- Temperatura Temperaturre alcohol gel

- A Elites
- B Other classes
- C Formation and Opens

FINISH

Athlete Procedures:

- It is mandatory to sanitize your hands before downloading the SI Card;
- It is mandatory to wear a protective mask after completing the test;
- Maintain a minimum distance of three meters between users (athletes and organizers);
- In case an athlete needs to breathe for a few minutes, it should be done away from the other athletes.

Prevention measures:

- There are 2 lanes for downloading information from the electronic system;
- Results are available online on the event's website;

Finish scheme (indicative)



Babysitting

- Not available

Solo Duro

- Not available

Award ceremony

Athletes procedures:

- It is mandatory to clean the hands before participating in the awards ceremony;
- It is mandatory the use of mask during all the ceremony;
- It is mandatory to maintain a distance of 3 meters between all participants (athletes and organization).

Prevention measures:

- Physical separation of podiums;
- Physical separation between entities;
- No physical greetings between any participant.

Procedures in the case of a suspected case

- If a suspected case is detected, according to the signals and synthons defined in the regulation 004/2020 of DGS, he/she must be routed by a single organization element to the isolation area through the defined circuits defined in the contingency plan, always ensuring that both carry mask and maintain a security distance;
- The isolation area has available a source of water and some food, as well as alcohol gel, masks and a WC;
- In the isolation zone, the SNS 24 should be contacted according to the regulation 004/2020 of DGS, in order to know which are the next steps. At the same time, all cleaning procedures must be taken if necessary.

Prevention, protection and controlling measurments

- Besides all the de disinfection points already mentioned, all staff will be equipped with individual protection equipment (masks, gel) and will regularly clean their hands;
- There will be posters promoting:
 - Social distance;
 - Respiratory hygiene;
- During all the event, the organization will promote the compliance with all the measurements recommended by the Portuguese Orienteering Federation to mitigate any risks.

Appendix 1

- Digital version www.fpo.pt → Documentos → Outros Documentos
- Accessible link here:
 - [Termo Responsabilidade DGS \(PT form\)](#)
 - [EN form](#)

Final notes

- Specific regulation available on: <http://beiraom.coviseu-natura.pt/WRE22/en/> 72h before the beginning of the competition.
- Every participant and member of the technical team must fill in and sign a Responsibility Term (Appendix 1), in which the athlete compromises to follow the preventing measures to control the spread of the SARS-CoV-2, as well as the risk to catch it during the even.
- Clubs and athletes must follow the Health Authority rules.