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Hygiene Measures and Rules of Conduct for the 54th International Finswimming Cup of Rostock

Introduction

The hygiene measures and rules of conduct listed in this document are based on the requirements of the current Corona regulations of Mecklenburg-Vorpommern and from the health department of the city of Rostock. They are part of the approved hygiene concept for the 54th International Finswimming Cup of Rostock on November 12th and 13th, 2021.

TABLE OF CONTENT

1 General information.....	3
2 Guidelines for the 54 th International Finswimming Cup of Rostock	4

1 General information

- (1) In order to use the indoor swimming pool "Neptun" the compliance with the requirements in the „supplement to the house and bathing rules of the indoor swimming pool „Neptun“ of the Hanseatic and University City of Rostock" (Annex 1 – only in German) as well as the Corona information poster with rules of conduct (Annex 2) have to be guaranteed.
- (2) The wearing of a mouth-nose covering is obligatory within the complex of the indoor swimming pool „Neptun“.
- (3) A minimum distance of 1.5 m from other persons must be maintained
- (4) Compliance with the „3G“ rule is mandatory. Only persons who are vaccinated, considered recovered or tested negative for SARS-CoV 2 will be admitted to the indoor swimming pool „Neptun“ and are entitled to participate in the competition.
- (5) The personal data to be recorded in a list of participants must be kept by the organizer TSC Rostock 1957 e. V. for 4 weeks for possible tracing of infection chains.
- (6) The coughing and sneezing etiquette must be followed (into the crook of the elbow, facing away from people)
- (7) A regular and situational hand washing with soap or use of an effective disinfectant shall be performed.
- (8) Participants who show multiple symptoms of illness such as cough, cold, sore throat, difficulty breathing, headache, pain in the limbs, fever, diarrhea, loss of taste and smell must stay away from the event and a doctor must be contacted immediately.
- (9) In case of a positive SARS-CoV 2 test during or after the competition, the organizer and the Rostock Health Office must be informed immediately.

2 Guidelines for the 54th International Finswimming Cup of Rostock

The following regulations are obligatory for all participants of the 54th International Finswimming Cup of Rostock.

- (1) Only persons who are healthy and have no symptoms of a respiratory infection may participate in the competition. Excluded from the competition are:
 - a) Individuals who have tested positive for SARS-CoV 2 and are still in the process of healing (re-release only after a new sports medical examination);
 - b) Persons in who lately had contact with positively tested persons in their private or professional environment (contact persons);
 - c) persons who are in quarantine;
 - d) persons in the event of sick leave (regardless of the cause);
 - e) Persons with symptoms such as irritable cough, difficulty breathing, sore throat, headache, pain in the limbs, fever, diarrhea.

- (2) On the part of the participating clubs, the personal data of all participants (athletes, coaches, trainers, judges and fellow travelers) have to be listed in the event form provided (Annex 3) and sent by e-mail to tscrostock1957@t-online.de by 11.11.2021, stating the team and club name. These data will be stored in compliance with data protection laws for a maximum period of 4 weeks / 28 days after the end of the 54th International Finswimming Cup of Rostock. Afterwards the deletion of these data takes place
In addition to the personal data, the list of the „3G“ status of all participants (Annex 4) must be completed and sent by e-mail to tscrostock1957@t-online.de by 11.11.2021. All participants who are not vaccinated or recovered must show proof of a current (not older than 24 hours), negative Corona test on Friday, November 12, 2021. As admissible confirmations for a negative antigen or PCR

test only proofs according to §1a of the current Corona-LVO M-V (Annex 5) will be accepted.

For Saturday, the organizer will offer rapid antigen testing for unvaccinated or not recovered participants. Medical staff will be available from 10:30 to 12:30. The performed tests will be documented and will count for the competition on Saturday as well as for the evening event. If required, a corresponding certificate will be issued.

- (3) According to the received registrations, the placement of the clubs in the 25 m hall as well as the time slots and lanes for the warm up will be communicated via the homepage of the organizer and the VDST by 08.11.2021
- (4) The registration of the clubs takes place on Friday, 12.11.2021 in the foyer of the Neptun swimming hall. In order to avoid crowding in the foyer, only the team leader will carry out the registration. The registration will not start before 14:30. It takes place:
 - a) Registration and verification of the event forms "personal data" and "3G status" of athletes, coaches, referees and fellow travelers plus the indication of:
 - Travel route and means of travel
 - Accommodation address
 - **Submission of proof of current, negative Corona tests.** If the proof is needed for further purposes (hotel, restaurant visit) after the competition day, a copy will be made. The proofs will then be handed out again at the team leader meeting.
 - b) The teams will be assigned fixed places in the 25 m hall according to the capacity planning and the lanes and time slots will be communicated for the warm up.

- (5) Within the 25 m hall, the route guidance system consisting of floor markings and barrier tapes must be followed (Annex 6) in order to prevent individual participants from colliding, especially in narrow areas.
- (6) Masks are compulsory for all participants in the entire swimming hall. The mask may only be removed during showering and by the athletes shortly before the start of the "personal" competition. The organizer will provide a new mask for all participants every day.
- (7) In the entire complex of the indoor swimming pool „Neptun“, the minimum distance of 1.5 m must be observed. Only within the own team the minimum distance at team place on the tribune may be less.
- (8) In order to reduce the number of people in the pool, the warm up will take place in a staggered manner to comply with the hygiene regulations of the indoor swimming pool „Neptun“ of a maximum of 10 athletes per lane.
- (9) In order to maintain the minimum distances and to ensure a speedy competition, the pre-start and start procedure will be equalized.
 - a) After the athletes have been called by name, they follow the respective markings from their seats to the waiting area (1st stage of the pre-start).
 - b) From the waiting area the competitors will then proceed to the preparation zone (2nd stage of the pre-start). After the previous run has left the water and the competition bridge, the participants of the next run waiting in the preparation zone will be asked by the main judge of the competition court to enter the start bridge for individual preparation.
 - c) After the race has been completed, the athletes must leave the pool in compliance with the distance rules, put back on the mouth-nose covering/mask on the starting bridge and leave the starting bridge.

- (10) Award ceremonies will be held with at least 1.5 m distance on the podium. If the distance cannot be guaranteed, the award ceremony will take place without a podium. For the award ceremonies, in addition to the placed athletes, a maximum of one attendant per athlete is allowed on the starting bridge.
- (11) To ensure hand hygiene, disinfection dispensers will be placed at all grandstand entrances as well as at all main entrances and the starting bridge.
- (12) The lending of equipment, especially snorkels, masks, goggles and regulators is prohibited during the competition.

Uwe Etzien

Chairman of TSC Rostock 1957 e. V.