



WKF COVID-19 EVENT PROTOCOL

1. INTRODUCTION	3
1.1. GENERAL CONSIDERATIONS	3
1.2. INDIVIDUAL RESPONSIBILITY	4
1.3. WHO RISK ASSESSMENT AND MITIGATION CHECKLIST FOR MASS GATHERINGS IN THE CONTEXT OF COVID-19	5
2. PARTICIPANTS' HEALTH SCREENING PROTOCOL* (athletes, coaches, referees, officials, WKF/LOC staff and media)	6
3. RESPONSE MANAGEMENT PROCOTOL	7
4. RETURNING HOME - PCR LABORATORY EVENT TESTING	7
5. PARTICIPANTS' PREVENTION MEASURES (Certified Masks, Disinfection, Social Distance and Other General Methods)	8
6. ORGANIZER SPECIFIC MEASURES	9
6.1. RISK COMMUNICATION AND AWARENESS	9
6.2. VENUE FACILITIES	9
6.3. ACCREDITATION	10
6.4. SOCIAL ACTIVITIES	10
6.5. STAFFING	10
6.6. MEDIA SERVICES	11
6.7. TECHNICAL OFFICIALS/WORLD KARATE FEDERATION SERVICES	11
7. ATHLETES' SERVICES	11
7.1. GENERAL	11
7.2. AIRPORT TRANSPORT SERVICES	11
7.3. TRANSFERS TO THE VENUE	11
7.4. AIRPORT TRANSPORT SERVICES	12
8. ATHLETES' AND COACHES' BRIEFINGS IN WKF	12
9. WEIGH-IN ZONE IN/OUT	12
10. ATHLETE CLASSIFICATION (PARA-KARATE)	13
10.1 GENERAL	13
10.2. PHYSICAL IMPAIRMENTS	13
11. COMPETITION	14
11.1. WARM-UP AREA	14
11.2. CHANGING ROOMS & TOILETS	14
11.3. COMPETITION AREA	14
12. REFEREES	15
13. MEDAL CEREMONIES	15
ANNEX I	16

1. INTRODUCTION

The following guidelines have been issued by the WORLD KARATE FEDERATION (WKF) using the scientific knowledge available at the moment (as for 10 December 2020), after review by the WKF Medical Commission, and WKF Organizing Committees. It is important to bear in mind that all sport and recreation resumption decisions **must be based on State and Territory COVID-19 public health advice, and thus**, these protocols, shall be applicable for the karate events as minimum requirements only after their approval by the pertinent local authorities.

WKF's top priority regarding COVID-19 is public health and safety. WKF will always put the health and safety of all athletes, coaches, technicians, volunteers, officials, referees and organizing committee staff, first.

The guidelines will be updated according to the latest information from the World Health Organization (WHO), International Olympic Committee (IOC) and the scientific information that are released on this topic. The guidelines will be published at the World Karate Federation Website and distributed to all Continental and National Federations and host countries involved in karate competition.

Please find below the WKF COVID Administrative Team (AT) that will coordinate with the respective LOC COVID Team for implementation of the WKF COVID Protocol at WKF events:

- WKF COVID Administration Team (AT)
 - Liaison / Point of contact: Michael Wenner (mwenner@wkf.net)
 - Logistics / Travel: Miriam Cerqueira (mcerqueira@wkf.net)
 - Communications / Awareness: Sergio Aguilera (press@wkf.net)

For each Official WKF event a COVID Event Medical Team (CEMT) will be assembled and ultimately responsible for the application of this WKF Protocols and the management of any positive COVID cases arising. This team will constitute the following:

- WKF COVID Manager (Medical Doctor) (to be appointed by WKF)
- Local COVID Manager (Medical Doctor) (to be appointed by Local Organizing Committee (LOC))
- Local COVID Staff (i.e., Nurse, Nurse Assistant, Laboratory Technician)

The WKF Protocols will be implemented and enforced in all WKF official events

1.1. GENERAL CONSIDERATIONS

The COVID-19 pandemic has forced significant changes in the whole world and, of course, also in the world of sports. The transition period following the outbreak will be long and the organizers of sports events will be asked to implement all possible measures for respecting the social distancing and hygiene requirements. The organizing

committees of any event must build a relationship with the local authorities based on trust to decide that it is safe to hold the sports event.

WKF needs to look for ways of conducting competitions in the safest possible way for the participants, the technicians, coaches, referees, organizing committee staff and volunteers, and also the spectators.

WKF is following all the recommendations from WHO/IOC and wants to offer full respect and support to the Local Organizing Committees (LOC) and host countries to make karate events both feasible and safe.

The IOC has advised that during the evolving COVID-19 outbreak, effective protection of the health and safety of athletes must remain a priority. Under the IOC regulations, event organizers must ensure all athletes are covered by adequate measures to protect their health and that they have access to prompt medical care while participating in the event. Event organizers must put in place preventive measures to stop the transmission of infection and put in place mitigation measures to minimize the risk of infection. Event organizers must ensure that any athlete or participant in an event on their territory who needs immediate medical care is given access to medical facilities.

1.2. INDIVIDUAL RESPONSIBILITY

The World Karate Federation has decided to follow WHO recommendations regarding the measures aimed to reduce the general risk of transmission from COVID-19 infections:

- Participants should aim to keep at least 1,5 meters distance from other people, particularly those who don't wear a **Certified Mask**, and especially if they feel unwell and have a cough or sneeze or may have a fever;
- Frequent hand washing by participants using soap and hot water or alcohol-based (at least 65–70%) hand rub for 20 seconds;
- People should practice cough etiquette (maintain distance of at least 1,5 meters, cover mouth and nose while coughing and sneezing with disposable tissues or clothing, and wash their hands);
- To avoid shaking hands or hugging;
- Avoid steam rooms or sauna;
- Avoid touching their own mouth, nose, or eyes.

Anyone who feels unwell (i.e. fever, cough) should stay at home and keep away from work, school, or crowds until symptoms resolve. **Stay away from the event when ill!**

In case of symptoms suggestive of acute respiratory illness before, during or after travel, the athletes are encouraged to seek medical attention and share travel and contacts history with their healthcare provider.

Public health authorities should provide travelers with all necessary information to reduce the general risk of acute respiratory infections via health practitioners, travel health clinics, travel agencies, conveyance operators and at Points of Entry. More information can be found at: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/points-of-entry-and-mass-gatherings>

1.3. WHO RISK ASSESSMENT AND MITIGATION CHECKLIST FOR MASS GATHERINGS IN THE CONTEXT OF COVID-19

An event is considered a “**Mass Gathering**” if the number of people it brings together is so large that it has the potential to strain the planning and response resources of the health system in the community where it takes place.

Following this definition, high level international sporting events such as the World Cups, World Championships, Olympic Games and other major international sport events (including, of course, Karate World, Continental and Premier League Championships), and count as Mass Gatherings (MG). However, lower-profile karate events can also meet WHO’s definition of a mass gathering.

World Karate Federation strongly recommends that each organizing committee assesses its event using the WHO Risk Assessment and Mitigation Checklist for Mass Gatherings in the context of COVID-19 (mandatory for all World Karate events).

This is an operational tool that offers guidance for organizers holding meetings during the COVID-19 outbreak and that should be accompanied by the WHO COVID-19 Generic Risk Assessment Excel file available on the WHO website. WKF strongly advises the LOCs not to perform the risk assessment alone; do it in cooperation with counterparts especially with local Public Health Authorities and do not put them into situations to assess the risks without your involvement and understanding of the specific circumstances of each karate event. It is also important to introduce them into specific mitigation measures specified in this Guidelines that can be applied to karate events.

When organizers and health authorities are determining whether to hold a mass gathering or even an event that is not falling under the definition of “Mass Gathering”, they should determine what an acceptable risk is and what additional measures should be implemented to mitigate that risk.

World Karate Federation is asking all the organizers to familiarize with WHO’s mass gathering technical guidance and tools:

- FAQs on Mass Gatherings and COVID-19 including Sporting Events FAQs
- Key planning recommendations for Mass Gatherings during COVID-19
- Generic Risk Assessment and Mitigation Checklist
- WHO interim guidance on how to use risk assessment and mitigation checklist
- Decision-Tree flowchart for Mass Gatherings in context of COVID-19
- Sports addendum risk assessment and mitigation checklist
- Religious addendum risk assessment and mitigation checklist
- Ramadan guidelines
- WHO interim guidance - “Considerations in adjusting public health and social measures in the context of COVID-19”.

*All above documents are available on [WHO website](#).

2. PARTICIPANTS' HEALTH SCREENING PROTOCOL* (athletes, coaches, referees, officials, WKF/LOC staff and media)

Beginning 14 days prior to arrival until the end of competition, all participants taking part in a karate event must monitor their health status continuously (including taking their temperature and monitoring for any symptoms).

48-72hrs prior to the onsite registration, the participant must undergo an PCR nasopharyngeal swab test (PCR test). **Without a valid PCR test, no accreditation will be given. No other tests will not be accepted**

At the onsite registration, all participant must hand in the **original PCR test laboratory report in English** containing the type of tests, negative result, date, name, and laboratory. The CEMT will validate and store the information for 2 weeks after which the documents must be appropriately disposed of all information.

In addition, the participant must also hand in a completed **WKF Health Questionnaire** (Annex I). In the WKF Health Questionnaire the participant will declare that prior to the onsite registration, they have been without any COVID-19 symptoms for the previous 14 days and provide their contact information to be used in case the participant is in closed contact with someone who tests positive.

After the onsite registration process, all participants must undergo an Antigen Test, except for Athletes.

Athletes must undergo the Antigen Test each day of competition at the venue during the staggered time slot corresponding to their category which will be organized by the WKF Organizing committee.

The Antigen Test will be provided by the WKF.

First, all participants will hand over their accreditation, then they will perform the test and go to the waiting room. The COVID Manager (doctor) will return your accreditation upon a negative test. If the test is positive, the participant must follow the Section 6: Response Management Protocol.

Temperature checks must be performed daily at the entrance of the venue. Access to the venue **will be denied** to those who have a temperature of **38 degrees or above**.

Any participant that does not comply with the established WKF COVID Protocol will not receive their accreditation or access to the event

*The implementation of such protocols must be agreed upon by the local health authorities and shall be performed by the designated event CEMT before the participants are allowed into the sports hall.

3. RESPONSE MANAGEMENT PROCOTOL

Any positive test or fever will be instructed to quarantine in their local accommodation immediately and local authorities will be informed by Local COVID Manager. Local authorities will provide further instruction. Furthermore, an immediate investigation into close contacts will ensue by both the WKF and Local AT.

This investigation will be based on interviews with the athletes and other staff, the organizer will identify and submit a list of suspected contacts to the local health authorities of the country, and the authorities will eventually identify them.

Handling of the close contacts:

WKF stipulates that any close contact person should be quarantined until two PCR tests separated at least 48 hours between them are negative.

If there is a suspected case (showing symptoms) but the case is not confirmed, the athlete or staff member would be allowed to return to competition after two consecutive PCR tests are negative.

If a competitor is identified as a close contact and due to the health regulations of the host country or the time required to perform the two PCR tests separated at least 48 hours, is not allowed to participate in the competition, no protest shall be accepted

¹ Following the recent CDC definition, we consider as a "close contact" the exposure to an individual infected with the COVID-19 virus to someone within 1.5 meters of the infected individual for 15 minutes or more cumulatively over a 24-hour period

In karate, training mats and competitors who have been interacting with an individual infected with COVID-19 virus are also considered as close contacts

It will be not possible for anyone diagnosed with COVID-19 illness to return to their home country for the treatment except using specific MedEvac flights with appropriate isolation/containment facilities.

4. RETURNING HOME - PCR LABORATORY EVENT TESTING

The LOC must arrange and guarantee the availability of an accredited laboratory for the participants who need a PCR Pharyngeal Swab Tests to return home. Contact information, address and pricing will be made available. It will be available a few days prior to the competition, throughout and post.

5. PARTICIPANTS' PREVENTION MEASURES (Certified Masks, Disinfection, Social Distance and Other General Methods)

Certified Masks

The use of **Certified Masks** of **FFP2** type or equivalents (N95 (United States), **KN95** (China), **P2** (Australia/New Zealand), **Korea 1st class** (Korea), **DS2** (Japan)) within the specifications for use **is always mandatory** in the venue, with the exceptions for athletes that are detailed herein.

Once an athlete enters the venue grounds the athletes must always wear **Certified Masks** except while warming up, training, and competing in the designated areas/tatamis, respectively. This also means the **Certified Mask** shall be worn in transit between the Warmup and Competition Areas.

The WKF is responsible for providing the WKF Official Certified **Masks only to its referees and staff** along with a contingency amount for medical needs.

Disinfecting

Alcohol-based hand sanitizers must be accessible available at the entrance and exit doors of the all-designated areas (Registration, weigh-in, Antigen Test, Warm up, Competition area).

Hand and leg/foot protections shall be disinfected, with a product with viricidal effect that is nontoxic for humans, immediately before each bout, with enough time to allow them to dry before the start of the bout.

Competition, warm up Tatami/ area's, Antigen Test, waiting room will be disinfected with a product with viricidal effect that is nontoxic for humans at the end of each category.

Social Distance

Physical (at least 1,5 meters) separation of all participants, expect for athletes in bouts. The social distancing rules that are requested by the public health authorities of the specific country where the event is taking place takes precedents.

There will be no physical signs of affection or recognition between athletes or coach before, during or after competition like hugs, handshakes, or kisses.

The flow of participants will be one-way only, with the relevant signage on the floor, indicating the right direction with separate entrances and exits to all rooms.

Sharing of equipment is prohibited, especially water bottles, towels, bags, and cups.

Any participant that does not comply with the established prevention measures, their accreditation will be removed and will be asked to leave the venue.

6. ORGANIZER SPECIFIC MEASURES.

6.1. RISK COMMUNICATION AND AWARENESS

It is important that all the provisions in place are communicated clearly to all participants and spectators in advance through social media, websites and through their National Federations and WKF communication channels.

Display health advisories at-venue and in all possible venue facilities and access routes, reminding everyone and encouraging to maintain high levels of personal hygiene, including advice on hand washing, and minimizing physical contact.

LOCs should develop a risk communication strategy for COVID-19 before the event. It is not unlikely that such an event will draw significant media attention in that context and that widely available and present social media would enable inaccurate and unnecessary disinformation.

Event organizers should appoint designated person(s) to lead media activities and to be tasked with managing all external communications with national and international government officials, the public, and the media. Spokespersons can be appointed too. It is advisable to set-up monitoring of national and international media for rumors, to be able to counter them early.

Coordination with major social media sites like Twitter, Facebook, Instagram, TikTok, Wechat, etc. should be set up so that messaging can be coordinated with, and assisted by, those platforms.

6.2. VENUE FACILITIES

All working spaces and provided facilities must be organized in a way that social distancing is respected.

Room doors must remain open if possible and if not should be managed by volunteers for not allowing the different participants touching the door handles.

Closed bins for safe disposal of hygienic materials (e.g., tissues, towels, sanitary products) in all rooms must be provided.

The number of cleaning personnel shall be increased for a thorough cleaning and sanitizing of the venue during the different activities, such as access, weigh-in, warm-up, competition and medals' ceremonies.

Signage on the floor shall ease the flow of athletes in the different areas of the venue. Special attention shall be granted to indicate the areas of weigh-in, warm-up and competition.

The number of persons in each of the rooms of the venue shall be kept at a minimum and accreditation cards shall be granted with a strict control of the limits and access areas.

6.3. ACCREDITATION

Restrict the number of people inside an accredited area. Those with access must be limited to the absolute minimum and social distancing in relation to available venue area space must be considered when determining the numbers. Limitations to the usual components of National Federation (NF) delegations may apply for specific event.

The maximum quota of coaches allocated to the delegations as per the WKF Organizing Rules shall always be respected.

The re-validation of the accreditation card must take place daily following the health screening process.

Any participant that does not comply with the established prevention measures, their accreditation will be removed and will be asked to leave the event.

6.4. SOCIAL ACTIVITIES

Farewell parties and opening/closing ceremonies should not be planned so as to minimize the opportunities of mass gathering in small spaces.

6.5. STAFFING

All applicable Prevention Measures (Section 5) must be always respected by the staff

The social gathering of the LOC team and its volunteers must be kept to an absolute minimum.

All training sessions should take place either via online platforms, or onsite while respecting social distancing.

The number of volunteers must be reviewed and kept down to the absolute necessary. The working conditions must follow the recommendations from the local Health Authorities

Any staff that does not comply with the established prevention measures, they will be asked to leave the event.

6.6. MEDIA SERVICES

All applicable Prevention Measures (Section 5) must be always respected.

All media members must perform the WKF Health Screening Protocol (Section 2)

Accredited media representatives must be limited, considering social distancing and the available space.

In the mixing area, or during Medal Presentation Ceremonies, 1,5 meters and available positions must be pre-marked.

6.7. TECHNICAL OFFICIALS/WORLD KARATE FEDERATION SERVICES

WKF will review and if possible, optimize the size of the technical officials and referees' teams and number of staff traveling to an event.

Accommodation arrangements should consider the social distance and WKF Organizing Rules, in contact with the Local Organizing Committee and host country, will prefer arranging single occupancy where possible.

7. ATHLETES' SERVICES

7.1. GENERAL

The WKF OC and LOC must investigate ways of conducting the registration process (that will be, whenever possible prepared on-line in advance), referees, coaches and athletes' briefings, and, in general all situations where information is going to be communicated to groups of people, using electronic and on-line media, so as to reduce pre-race social interaction.

7.2. AIRPORT TRANSPORT SERVICES

All applicable Prevention Measures (Section 5) must be always respected.

The LOC must plan to minimize the mixing of delegations during airport transfers. If not possible, there should always be empty seats between the different delegations.

It is strongly recommended for the delegations to send only the necessary support staff and try to reduce its size to the absolute minimum.

7.3. TRANSFERS TO THE VENUE

All applicable Prevention Measures (Section 5) must be always respected.

The LOC will provide all those accredited persons with transport from the official hotels to the competition venue, according to the Organization Rules of the event in question.

The total occupancy of the buses will be limited, and a safety distance will be maintained occupying only one seat out of two of each vehicle. The use of a **Certified Mask** is mandatory inside the buses for all.

There will be dedicated buses for the teams / delegations and different ones for the Referees and staff.

There will be a strict staggered bus schedule according to each competition category to avoid crowding.

7.4. AIRPORT TRANSPORT SERVICES

All applicable Prevention Measures (Section 5) must be always respected.

Tatami or gym training sessions may be provided, always with advanced booking, as long as the use of the facilities is allowed by the public authorities, and the surfaces, tatamis, etc. are thoroughly cleaned with disinfectants with viricidal effect (i.e.: diluted bleach) before a new delegation enters the facility.

8. ATHLETES' AND COACHES' BRIEFINGS IN WKF

All coaches' briefings shall be conducted on-line, if technically feasible, for WKF events. All tournament information must be provided to the athletes online, through the event and WKF website.

Specifically, for the top-level (i.e.: World Championships or Continental, or Premier League and Pre-Olympic tournaments) WKF events:

- An online briefing should be organized (on the Zoom or similar platforms) at a time and date decided by the WKF OC, TC, RC and MC and AD Commissions, in those cases where it cannot be held respecting social distance and other measures in place.
- The attendees of the online briefings / meetings will be view-only and watch the presentation, and they will have the opportunity to make questions or ask for explanations by the online Q&A feature.
- The presenters from the different WKF Commissions shall be available for any clarifications during the course.

9. WEIGH-IN ZONE IN/OUT

All applicable Prevention Measures (Section 5) must be always respected.

Athletes must perform the weigh-in immediately after the onsite registration. This is meant to simplify the process and keep crowding to a minimum.

The WKF OC and the LOC must establish check-in times for weigh-in in specific time slots according to the order of competition and the number of entries. The time slots must be calculated according to the size of the weigh-in area, the number of electronic scales, the number of athletes and the number of officials involved.

The number of athletes accessing the weigh-in area will not exceed **10 persons** and will follow strict order by category and/or country in alphabetical order.

In the weigh-in area there will be up to 10 chairs for the athletes to leave their clothes. The weigh-in will be performed in underwear only and with the accreditation ready in the hand.

All the necessary checks will be carried out visually, whenever possible. The officials may need to do a physical check to some athletes. In this case, sanitary wipes will be available to athletes and officials for wiping down after officials checked the athlete.

After each weigh-in group has finalized, the elements used in the weigh-in area will be sanitized.

10. ATHLETE CLASSIFICATION (PARA-KARATE)

10.1 GENERAL

All applicable Prevention Measures (Section 5) must be always respected.

Timing of the appointments will need to be flexible enough to offer the opportunity to air out the classification room which must have windows, and to clean and disinfect the equipment used in each case.

General requirements for classification will be shared in advance between the Para-Karate Commission and the LOC and will contain the main provisions around hand sanitizer and disinfectant wipes to clean down the examination equipment.

Number of people apart from classifiers, athletes and NF representatives will be minimized as much as possible, so that there is one accompanying person only. No observers allowed in this period.

The Chief Classifier will make the final decisions on the required provisions to ensure safety of the environment.

Disposable **Certified Masks** and rubber/disposable gloves should be available to classifiers for each athlete session.

Athletes must wear **Certified Masks** and to perform frequent hand washing or sanitizing during the classification process.

National Federations and athletes must adhere to the classification schedule according to the World Karate Federation Classification Rules.

10.2. PHYSICAL IMPAIRMENTS

One-meter-wide paper roll, to be disposed of after each athlete using the test bench or chair, should be provided.

Athletes shall be allowed to use their own wheelchairs during the classification process.

Functional testing will need to be done, and a space at least 8x8 meters without obstacles (pillars, columns, stairs, etc.) is required.

Body contact by the classifiers will be kept to the minimum.

11. COMPETITION

11.1. WARM-UP AREA

All applicable Prevention Measures (Section 5) must be always respected.

The warm-up area shall be of at least 9m² per athlete (and coach) and visible marked. If possible, the tatami will be identified by flipping pieces for alternate blue/red color of respectively 9m², to assist the athletes to stay within their own area.

The access to the warm-up area will be restricted to one coach for each competitor. This coach will be the same coach who will follow the same athlete into the competition.

Team physios and doctors will not be able to access the warm-up area and a separate area will be made available for those athletes needing treatment.

No other athlete or coach, other than those involved in the competition area in the ongoing category will be allowed to access the warm-up area.

After each competition category / group leaves the warm-up area, it will be sanitized.

As mentioned in previously, only athletes may take of their **Certified Masks** while in the warmup area, immediately prior and must put it back on immediately afterwards.

11.2. CHANGING ROOMS & TOILETS

All applicable Prevention Measures (Section 5) must be always respected.

The use of changing rooms and toilets will have limited occupancy only and will be sanitized after each use.

11.3. COMPETITION AREA

All applicable Prevention Measures (Section 5) must be always respected.

The flow of participants will be one-way only, with the relevant signage on the floor, indicating the right direction.

The competition protection equipment of each athlete, mitts and shin pad & foot protector, will be sanitized by a staff member before each bout.

After each category, the tatami area, as well as the scorekeepers' table will be sanitized.

Alcohol-based hand sanitizers should be available at the entrance and exit of the FoP, as well as on the officials' and scorekeepers' tables.

A dedicated cleaning team shall be available on the competition area with the adequate cleaning and sanitizing materials for their use, whenever required.

12. REFEREES

All COVID Prevention Methods (SECTION 5) must be always respected.

Referees will use an electronic whistle, for which a specific procedure will be detailed to the Referees by the WKF RC Chair.

Referees will be provided disposable gloves prior to the beginning of the kumite competitions since the red and blue Flags will be shared.

The use of **WKF Official Mask is always mandatory** in the venue

13. MEDAL CEREMONIES

All COVID Prevention Methods (Section 5) must be always respected.

The use of a **Certified Mask** is compulsory for athletes and officials.

The flow of all participants will be one-way only, with the relevant signage on the floor, indicating the right direction.

The medals will be previously disinfected, at which point there will be no further physical contact with the medals except by the athlete during the presentation.

ANNEX I

WKF HEALTH QUESTIONNAIRE

PARTICIPANT

First Name:

Last Name:

.....

National Federation/Club:

.....

Category (Kata/ Kumite):

.....

Email

Phone Number:

.....

Have you experienced any of the below symptoms in the last 14 days?

Symptoms

YES NO

- 1 Temperature of 37,5°C or more
- 2 Dry cough
- 3 Sore throat
- 4 Difficulty for breathing
- 5 Sudden diarrhea or vomiting
- 6 Sudden muscle or body aches
- 7 Fatigue without a known cause

Hereby I confirm that:

Should I have had COVID-19 and been hospitalized, I should firstly consult with a doctor, before resuming training.

Should I have had any COVID-19 related symptoms (fever, chills, cough, chest pain, fatigue, loss of taste or smell, diarrhea, etc.), these symptoms having commenced earlier than 24 days before and having stopped at least 48h before, I will have to present a negative COVID-19 PCR test certificated in at least two consecutive samples with a time difference of at least 24h, after the acute illness is over.

.....

.....

Signature of athlete

Date (dd-mm-yyyy)

*Hand in at the onsite registration