



# **GUIDELINES FOR COVID-19 PREVENTION IN WAKO EVENTS DURING THE COVID-19 PANDEMIC**

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## Table of Contents

<b>FOREWORD</b> .....	<b>4</b>
<b>1. INTRODUCTION</b> .....	<b>4</b>
<b>1.1 GENERAL CONSIDERATIONS</b> .....	<b>5</b>
1.1.1. MAIN POINTS .....	5
1.1.2. KEY PRINCIPLES .....	5
<b>2. OBJECTIVES</b> .....	<b>6</b>
<b>3. MAINTAINING SAFETY IN KICKBOXING</b> .....	<b>6</b>
<b>4. GENERAL INFORMATION ON COVID-19</b> .....	<b>6</b>
<b>4.1. WHAT IS CORONAVIRUS &amp; COVID-19?</b> .....	<b>6</b>
<b>4.2. WHAT ARE THE SYMPTOMS OF COVID-19?</b> .....	<b>7</b>
<b>4.3. HOW DOES COVID-19 SPREAD?</b> .....	<b>7</b>
<b>4.4. COVID-19 TERMINOLOGY &amp; DEFINITIONS</b> .....	<b>7</b>
MASS GATHERING ("MG") .....	7
INFECTED PERSON .....	7
POTENTIALLY INFECTED PERSON.....	7
SOCIAL DISTANCING .....	8
CLOSE CONTACT .....	8
ISOLATION .....	8
QUARANTINE .....	8
PERSONAL PROTECTIVE EQUIPMENT (PPE).....	8
MEDICAL FACE MASK.....	8
NON-MEDICAL FACE MASKS .....	9
RESPIRATOR .....	9
<b>5. CORE TRANSMISSION MITIGATION MEASURES</b> .....	<b>9</b>
<b>5.1. SOCIAL DISTANCING</b> .....	<b>10</b>
<b>5.2. HAND HYGIENE</b> .....	<b>10</b>
<b>5.3. RESPIRATORY ETIQUETTE</b> .....	<b>10</b>
<b>5.4. USE OF MASKS AND FACE COVERINGS</b> .....	<b>11</b>
<b>5.5. REGULAR HEALTH CHECKS/ TESTING</b> .....	<b>11</b>
<b>5.6. CONTACT TRACING</b> .....	<b>12</b>
<b>5.7. VACCINATION</b> .....	<b>12</b>



<b>6. MEDICAL PREPAREDNESS AND RESPONSE PLANNING FOR COVID-19..</b>	<b>13</b>
Handling of the close contacts .....	13
<b>6.1. VENUE PREPARATION .....</b>	<b>14</b>
Reducing Necessary Infrastructure .....	14
Additional Infrastructure for COVID-19 Mitigation and Reaction .....	14
<b>6.2. ISOLATION SPACES/UNITS .....</b>	<b>14</b>
<b>6.3. CLEANING .....</b>	<b>15</b>
6.3.1. VENUE CLEANING.....	15
<b>7. SERVICES FOR ATHLETES.....</b>	<b>16</b>
7.1. GENERAL.....	16
7.2. AIRPORT TRANSPORT SERVICES.....	16
7.3. TRANSFERS TO THE VENUE.....	16
7.4. BRIEFINGS .....	16
7.5. COVID-19 CHECKS.....	17
7.6. WEIGH-IN .....	17
7.7. MEDICAL CHECKS .....	17
7.8. UNDERAGE KICKBOXERS.....	18
<b>8. COMPETITION .....</b>	<b>18</b>
8.1. WARM-UP AREA .....	18
8.2. CHANGING ROOMS & TOILETS .....	18
8.3. COMPETITION AREA.....	18
8.4. SPORTING EQUIPMENT .....	19
8.5. MEDICAL PERSONNEL.....	19
<b>9. REFEREES / JUDGES.....</b>	<b>19</b>
<b>10. MEDAL CEREMONIES .....</b>	<b>19</b>
<b>11. KEY POINTS OF PREVENTION .....</b>	<b>20</b>
Useful links.....	22
Annex 1 – COVID-19 Health Questionnaire.....	23



## **FOREWORD**

This document presents recommendations and protocols for the identification and management of health risk at Kickboxing Sports events regulated by WAKO IF, in the context of the COVID-19 pandemic.

While every effort has been made to ensure that these recommendations and protocols are based on the best information available at the time of writing (December 2020), it must be acknowledged that the understanding of the COVID-19 virus continues to evolve at a rapid rate. These propositions are therefore subject at all times to the relevant regulations and recommendations issued by the competent national and international health and public authorities. Thus, these recommendations and protocols shall be applicable for the kickboxing events as minimum requirements only after their approval by the pertinent local Authorities. In addition, as the COVID-19 pandemic is evolving, as well as counteracting preventive, diagnostic and therapeutic measures, these recommendations can be changed on the basis of new scientific evidences.

This document is intended to offer guidance on the measures recommended to minimize the risks, wherever possible and practical, to the health of participants and entourage at such events in the context of the COVID-19 pandemic.

These recommendations and protocols will remain in effect unless and until amended or withdrawn by the WAKO IF Board of Directors.

## **1. INTRODUCTION**

The COVID-19 pandemic has resulted in the suspension of international Kickboxing Sport. With the progressive easing of restrictions and the ongoing risk associated with the disease for the foreseeable future, it is important that we manage the transition to the “new norm” operating environment in a responsible and structured manner.

This document has been developed to capture in a risk-based framework, both Operational Considerations and Medical Considerations, which are specific to kickboxing activity. The best practice methodology and guidance from the World Health Organization (WHO), and the latest information from International Olympic Committee (IOC) have been taken as sources for this document, with the aim to assist and guide our key stakeholders in establishing their own requirements and standards, in order to provide and maintain a safe and healthy work environment for all involved in the sport.

They are not designed to be prescriptive, but to provide guidance for each stakeholder in deciding how to mitigate the risk of exposure to COVID-19 within the context of their own responsibilities and functions within the sport. It is incumbent on us all to manage the ongoing COVID-19 risk as effectively as possible, including providing and maintaining a work environment that minimizes the risk to health and safety.



These recommendations and protocols will need to be adapted to fit within the ever-changing risk environment, and particularly the national, regional or local laws applicable to the jurisdiction within which the sport will be conducted and to the associated jurisdictions involved in the transport and logistics support for the sport. This will inevitably mean that kickboxing sport activity will recommence in different stages, in accordance with the relaxation of these laws and regulations.

The primary responsibility will always sit with the local Organizer to ensure that any national, regional or local laws, regulations, policy, guidance or advice issued by the competent authorities in the territories relevant to the event are complied with at all times. If those laws, regulations, policy, guidance or advice are contrary in any respect to this document, they will prevail and they must be followed.

## **1.1 GENERAL CONSIDERATIONS**

### **1.1.1. MAIN POINTS**

- a. Kickboxing sport activity is conducted indoors, and indoor activities are at higher risk setting for COVID-19 transmission.
- b. Kickboxing is a contact sport, which means that it involves high risk of COVID-19 transmission.
- c. There is a possibility to significantly decrease the risk of transmission, by running the Events without spectators.

### **1.1.2. KEY PRINCIPLES**

- a. To provide recommendations and protocols that act as a reference point for relevant information, and facilitate a consistent, workable approach for Kickboxing competitions in a COVID-19 operating environment.
- b. To develop public health guidance for Kickboxing events to assist the relevant stakeholders in the development of an event plan that includes:
  - (i) a suite of fit-for-purpose risk mitigation measures to apply across the sport;
  - (ii) the transmission of mitigating measures, testing or monitoring of participants before, during and after an event.
- c. To provide a framework that is adaptable to the different levels of Kickboxing competitions, in order to meet Government Guidelines and Regulations that are in force in various jurisdictions, which must be adhered to and respected.
- d. To develop an efficient monitoring and tracing system, where possible contacts and transmissions could be readily identified in a timely manner.



## 2. OBJECTIVES

This document aims to achieve the following objectives:

- Help to ensure that a kickboxing event can be planned and executed in line with relevant best practice and in accordance with national public health guidance and regulations;
- Provide relevant health guidance for all key stakeholders of a kickboxing mass gathering event;
- Provide a robust framework for the detection, isolation and management of a positive COVID-19 infected person or persons during a mass gathering kickboxing event.

## 3. MAINTAINING SAFETY IN KICKBOXING

It is anticipated that the organization of a kickboxing event in the context of the COVID-19 pandemic will require all stakeholders to make significant adjustments to their traditional operating procedures and processes with the aim of mitigating the risk of virus transmission. In all likelihood, the majority of event activities will have to be amended, to a lesser or greater extent, in order to avoid or mitigate the risk of COVID-19 transmission.

However, there are aspects of a Kickboxing event that cannot and should not be compromised, in particular the ones relating to the safety in the context of Kickboxing competition.

Nothing in the implementation of avoidance or mitigation actions in the context of COVID-19 must be allowed to compromise on-field medical services provision, patient transportation, medical center clinical provision or hospital referral capability.

Whilst acknowledging the delivery of these safety provisions must not be compromised, it is the responsibility of all stakeholders to ensure to the greatest extent possible that those who are responsible for performing these roles are not exposed to undue risk of COVID-19 transmission.

## 4. GENERAL INFORMATION ON COVID-19

WHO resources for improving public understanding of the COVID-19 pandemic can be accessed via their website <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>,

Key WHO information required for the effective use of this document is reproduced below for reference.

### 4.1. WHAT IS CORONAVIRUS & COVID-19?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes the coronavirus disease COVID-19.



## 4.2. WHAT ARE THE SYMPTOMS OF COVID-19?

The most common symptoms of COVID-19 are fever, dry cough and tiredness. Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhea, loss of taste or smell, a rash on skin, or discoloration of fingers or toes. These symptoms are usually mild and begin gradually. Some people become infected, but have only very mild symptoms.

Most people (about 80%) recover from the disease with no need for hospital treatment.

A minority of people who get COVID-19, however, becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes or cancer, are at higher risk of developing serious illness. However, anyone can catch COVID-19 and become seriously ill.

## 4.3. HOW DOES COVID-19 SPREAD?

People can catch COVID-19 from others who have the virus. The disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes or speaks.

These droplets are relatively heavy, do not travel far, and quickly sink to the ground. People can catch COVID-19 if they breathe in these droplets from a person infected with the virus. These droplets can land on objects and surfaces around the person such as tables, doorknobs and handrails. People can become infected by touching these objects or surfaces, then touching their eyes, nose or mouth.

## 4.4. COVID-19 TERMINOLOGY & DEFINITIONS

### MASS GATHERING ("MG")

The WHO states in their guidelines “MGs are characterized by the concentration of people at a specific location for a specific purpose over a set period of time and which has the potential to strain the planning and response resources of the country or community”. The definition is purposefully not linked to the size of the gathering or the number of people (although this obviously has an impact on the assessment of associated risks) because each community has a different capacity to manage crowds of people. "In practical terms, for regulation and guidance, national authorities may place a numerical limit for the definition of a mass gathering”.

### INFECTED PERSON

An infected person is a person who has a positive PCR (laboratory) test confirming the presence of COVID-19.

### POTENTIALLY INFECTED PERSON

A potentially infected person is someone who presents symptoms suggestive of COVID-19 following a close contact with an infected person, but is not confirmed as an infected person due to lack of testing result.



## **SOCIAL DISTANCING**

Social distancing, also called physical distancing, is a set of interventions or measures taken to prevent the spread of a contagious disease by maintaining a physical distance between people and reducing the number of times people come into close contact with each other. As described above, the precise definition of social distancing can vary between territories.

## **CLOSE CONTACT**

Following the recent Centers for Diseases Control and Prevention (CDC) definition, we consider as a “close contact” the exposure of 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. This includes:

- Stayed in the same close environment as an infected person (including sharing a workplace, classroom or household or being at the same gathering) for any amount of time.
- Travelled in close proximity with (that is, within one meter separation) from an infected person in any kind of conveyance.

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

## **ISOLATION**

This is the separation of ill or infected persons from others to prevent the spread of infection or contamination.

## **QUARANTINE**

This is the restriction of activities or the separation of a person or persons who are not ill, but who may have been exposed to an infected person or disease. The purpose of quarantine is to monitor the symptoms of the potentially infected person or persons, whilst preventing further close contacts associated with potentially infected person or persons.

## **PERSONAL PROTECTIVE EQUIPMENT (PPE)**

Personal protective equipment (PPE) is protective clothing, helmets, goggles or other garments or equipment designed to protect the wearer's body from injury or infection. The hazards addressed by protective equipment include physical, electrical, heat, chemicals, biohazards, and airborne particulate matter. It also includes respiratory protective equipment (RPE), such as facemasks or respirators.

## **MEDICAL FACE MASK**

A medical facemask (also known as surgical or procedure mask) is a medical device covering the mouth, nose and chin ensuring a barrier that limits the transition of an infective agent from the wearer to the patient. They are used by healthcare workers to prevent large respiratory droplets and splashes from reaching the mouth and the nose of the wearer and help reduce and/or control at the source the spread of large respiratory droplets from the person wearing the face mask. Medical masks comply with requirements defined in European Standard EN 14683:2019+AC:2019.



## **NON-MEDICAL FACE MASKS**

A non-medical face mask (or “community” mask) includes various forms of self-made or commercial masks or face covers made of cloth, other textiles or other materials such as paper. This mask is not standardized and is not intended for use in healthcare settings or by healthcare professionals.

## **RESPIRATOR**

A respirator or filtering face piece (FFP), is designed to protect the wearer from exposure to airborne contaminants (e.g. from inhaling infectious agents associated with inhaling small and large particle droplets) and is classified as personal protective equipment (PPE). Respirators are mainly used by healthcare workers to protect themselves, especially during aerosol-generating procedures. Valved respirators are not appropriate for use as a means of source control since they do not prevent the release of exhaled respiratory particles from the wearer into the environment. Respirators comply with requirements defined in European Standard EN 149:2001+A1:2009. This kind of respirators includes Certified Masks of FFP2 type and equivalents, such as N95 (United States), KN95 (China), P2 (Australia/New Zealand), Korea 1st class (Korea), DS2 (Japan).

# **5. CORE TRANSMISSION MITIGATION MEASURES**

A number of core actions intended to mitigate the transmission of COVID-19 have been widely publicized and broadly adopted in the majority of territories in daily life since the start of the COVID-19 outbreak. A key point of focus in the planning of an event is, as far as practically possible, facilitating the continued use of these core transmission mitigation measures.

During pre-event planning and risk analysis, any situations or circumstances of the event that preclude the implementation of some or all of these core actions must be identified, and additional proportionate mitigating actions must be put in place.

Clear information (briefings, signage, etc.) must be provided for all personnel on-site as to the expected use of core virus transmission mitigation measures. Furthermore, any situational relaxation of core measures, and the associated alternative mitigations, must be specifically and clearly notified to relevant individuals or groups.

It is noted that not all core measures have been adopted in all territories, and some variations exist in implementation, for example the exact spacing associated with social distancing can vary from territory to territory. It is again re-iterated that overriding the recommendations or guidance contained in this document is the need to adhere to all national governmental advice and policy provided by the relevant Authorities local to the proposed event site. It is the responsibility of the Organizer of each event to ensure compliance with their national governmental advice, policy and regulations.



## **5.1. SOCIAL DISTANCING**

Social distancing, or physical distancing, is widely accepted as being one of the most effective measures for mitigation of COVID-19 transmission. Although the specific definition of separation distance required can vary slightly between territories, the adoption of this measure is almost universal.

It is recommended that event Organizers utilize social distancing, in line with local guidance and regulations, in all indoor and outdoor spaces, and as far as practically possible within the constraints of safe working practice. A separation distance of 1.5 meters between individuals is suggested for the definition of social distance requirements. Signage should be erected in all areas describing the expected behaviour. In areas where safe working practice does not allow for social distancing, the relaxation of this measure should be clearly signed, along with information on any alternative or additional mitigations (such as use of masks, goggles or gloves) to be used in light of the relaxation of social distancing requirements.

Additional practical measures should be deployed, where possible, to reinforce and facilitate the social distancing measures, such as creation of one-way systems for pedestrians in busy areas and marking of the suggested social distancing separation in areas where queues are likely to form.

## **5.2. HAND HYGIENE**

As described earlier in this document, COVID-19 spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes or speaks. These droplets can land on objects and surfaces around the person such as tables, doorknobs and handrails. Consequently, infection can occur by touching these objects or surfaces, and then transferring of the virus into the body by touching their eyes, nose or mouth. The regular, and effective, washing of hands is a proven mechanism to mitigate virus transmission through contact with contaminated surfaces.

It is recommended that all stakeholders promote the use of regular and effective handwashing as part of their virus transmission mitigation measures. In practical terms this will mean, where possible, provision of additional hand washing facilities and/or provision of alcohol-based (at least 65–70%) hand rub for use in all public and working spaces. The benefits of frequent handwashing, as well as the correct procedure to be followed for effective handwashing, should be actively signed in all event spaces. Alcohol-based hand sanitizers should be available at each event table for athletes, officials, doctors and support personnel and at the entrance and exit point of the competition and warm-up area.

## **5.3. RESPIRATORY ETIQUETTE**

Good respiratory etiquette is a mitigation measure aimed at physically containing the small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes or speaks.

In the context of COVID-19, additional efforts should be made to catch fluids expelled during coughing or sneezing in a tissue, which can be safely disposed of. At a minimum, these expelled droplets can be entrapped on the person by coughing or sneezing into the crook of the arm.



It is recommended that all stakeholders promote good respiratory etiquette through the use of signage explaining the benefits in all event spaces. In addition, provision of suitable, sealed, disposal points for potentially contaminated tissues (and other PPE items) should be considered as part of the event infrastructure.

#### **5.4. USE OF MASKS AND FACE COVERINGS**

Of all the core measures adopted globally to mitigate virus transmission, the use of masks and face coverings in the community setting varies most widely between countries. As highlighted in the information from the WHO, related research is still ongoing, yet no conclusion as to the effectiveness of masks worn by non-symptomatic people in daily life for the prevention of transmission is fully accepted by the scientific community. Despite this, some key points regarding the use of masks and face coverings in the community setting are widely accepted.

With increasing scientific evidence, growing consensus and wide scale adoption of the practice in territories the wearing of a basic facemask or cloth face covering by all attendees of an event is recommended as a simple and cost-effective step that can potentially mitigate transmission. All WAKO officials, volunteers, VIPs, etc. must wear surgical facemasks or superior.

#### **5.5. REGULAR HEALTH CHECKS/ TESTING**

It is recommended that event organizers put in place a screening health check plan and system for their event, and it is specifically noted that this must be in accordance with relevant national health Authorities and data protection policies. At this scope the COVID-19 Health Questionnaire (Annex I) is recommended. All event attendees should complete it while registering and, later on, on daily basis during the event. In the COVID-19 Health Questionnaire the participant will declare that prior to the onsite registration, they did not experience any COVID-19 symptoms for the previous 14 days. The participant will be also requested to provide his contact information, to be used in case the participant is in closed contact with someone who tests positive.

All attendees must have at least one negative COVID-19 nasopharyngeal swab test, performed not earlier than 96 hours before the official registration on-site. Only molecular/PCR test will be accepted. At the onsite registration, all participants must hand in the original laboratory test report in English containing the type of test, negative result, date, name, and laboratory.

Before the registration, the Organizers should provide a nasopharyngeal antigenic (with immunofluorescence or chromatographic analysis) test for all the attendees to be validated by the COVID-19 Medical Team.

In case of events lasting more than 3 days from registration, between the 3<sup>rd</sup> and 4<sup>th</sup> day of the championships the Organizers should provide a new nasopharyngeal antigenic (with immunofluorescence or chromatographic analysis) test for all the attendees to be validated by the COVID-19 Medical Team.

Temperature checks must be performed daily at the entrance of the venue, where COVID-19 Health Questionnaire will be collected and validated by the COVID-19 Medical Team. Access to the venue will be denied to those who have a temperature of 37.5 degrees or above.



In these guidelines, attendees are defined as any person who is in some way involved in the WAKO championships (competitors, referees/judges, officials, VIPs, WAKO staff, etc.). Even competitors who are out in any leg of the championships must be considered as attendees and follow the established procedures.

All other personnel not licensed under WAKO but involved in the championships (hotel staff, security, area staff, volunteers, drivers, cleaning staff, etc.) should be regularly checked for COVID-19. The same frequency and type of swab tests is recommended, as well as daily body temperature check and providing a COVID-19 questionnaire in each working day.

## **5.6. CONTACT TRACING**

Contact tracing is a core mitigation measure intended to amplify the effectiveness of rigorous and regular health checks described above. Contact tracing aims to facilitate not only the early action to quarantine or isolate a potentially infected person, but also allows the effective identification and quarantine of people who have been in close contact with this person. Regular health checks can be used to break a link in the infection chain, but when used in combination with effective contact tracing it is possible to remove multiple (possible) links simultaneously.

It is recommended that event Organizers should actively promote the use of the contact tracing technology or system deployed and approved by the relevant local Data Protection Authorities amongst all event attendees.

If an event is proposed in a territory that has not nominated or adopted a contact tracing solution, then it is suggested that the event Organizers should consider the deployment of such a system for their event. It is noted that there is an increasing number of suppliers offering not only mobile phone-based solutions but also specific "wearables" that can provide contact tracing as well as support for social distancing measures using proximity alarms. Before the adoption or suggestion of said technologies, Organizers must require the technology providers to conduct a Data Protection Impact Assessment on the technology and verify that the technology meets all the requirements imposed by EU Reg. 2016/679 and any other relevant legislation.

Any participants (kickboxers, officials, coaches, referees, VIPs, volunteers...) should freely decide whether to use (or not) the suggested contact tracing system. The Organizer through informative material and proper signage, however, should adequately stress the importance of using the contact tracing system.

In case of appearance of COVID-19 symptoms or in case of positive PCR test, the participant shall inform all people who were within 1.5 m for 15 minutes or more cumulatively over a 24-hour period starting from 2 days before illness onset or 2 days prior to specimen collection.

## **5.7. VACCINATION**

In the last months, COVID-19 vaccination campaigns have started in many countries with different vaccines available. COVID-19 vaccination is strongly recommended in all WAKO attendees. At this time, however, we do not have complete information on how long the vaccine will be effective. For this reason, vaccinated persons attending WAKO IF events will have to observe all the mitigation measures listed in this document or as intended by local Authorities.



## **6. MEDICAL PREPAREDNESS AND RESPONSE PLANNING FOR COVID-19**

It is recommended that for each WAKO IF event (mandatory for World and Continental Championships) a COVID-19 Medical Team (CMT) oversees all the aspects related to COVID-19 during the championships. The CMT will be assembled and ultimately responsible for management of any positive COVID cases arising. This CMT will be made up of the following:

- WAKO COVID Manager (Medical Doctor), to be appointed by WAKO among WAKO IF Medical, Health and Anti-doping Committee;
- Local COVID Manager (Medical Doctor), to be appointed by Local Organizing Committee (LOC);
- Local COVID Marshalls (i.e., Doctors, Nurses, Nurse Assistants, Laboratory Technicians, etc.), to be appointed by LOC.

The CMT will be responsible for validating all the COVID-19 laboratory test reports and the COVID-19 Health Questionnaires taken from the attendees. Laboratory test reports and COVID-19 Health Questionnaires will be digitally stored by a CMT delegate. Only the WAKO COVID Manager will have access to these data which will be appropriately disposed of all information after 2 weeks. WAKO will furnish further info on the provider to be used at this purpose.

Any positive test or fever will be instructed by CMT to quarantine in their local accommodation immediately and Local Authorities will be informed by the Local COVID Manager. Local Authorities will provide further instructions. The positive subject shall alert all his/her close contacts.

Any attendee reporting a symptom among those listed in the COVID-19 Health Questionnaire, having these symptoms started in the 24 days before and stopped at least 48 hours before the onsite registration, has to present 2 consecutive negative COVID-19 PCR tests at 48 hours interval between them, after the acute illness is over.

Each attendee must have a proper insurance covering costs for health problems related to sport activity and COVID-19 illness.

### **Handling of the close contacts**

- any close contact should quarantine until two consecutive PCR tests (minimum interval between tests 48 hours) are negative. The first PCR test has to be collected after 5 days of quarantine;
- 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 (minimum interval between tests 48 hours) are negative. This is applicable only when the competition schedule allows it;
- 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, is not allowed to participate in the competition, no protest shall be accepted.



Pursuant relevant legislation, it will be not possible for anyone diagnosed with COVID-19 to return to their home country for the treatment except using specific MedEvac flights with appropriate isolation/containment facilities at their charge.

The Organizer must arrange and guarantee the availability of an accredited laboratory for the participants who need a PCR or antigenic swab test 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.

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

The Organizers should develop a risk communication strategy for COVID-19 before the event. It is suggested that the event Organizer appoints a COVID-19 Response Coordinator to act as a primary communication path between the CMT (the Local COVID Manager in particular) and the local Authority and between the CMT (the Local COVID Manager in particular) and the media. It is advisable to set-up monitoring of national and international media for rumors, to be able to counter them early.

## **6.1. VENUE PREPARATION**

### **Reducing Necessary Infrastructure**

Where possible, stakeholders should identify any infrastructure that could be omitted from the event, as this can decrease transmission risk by:

- Reducing the number of hours required for the event build/take down;
- Reducing the number of people required for the event build/take down;
- Reducing proximal working;
- Reducing the number of volunteers to the absolute necessary.

### **Additional Infrastructure for COVID-19 Mitigation and Reaction**

It should be anticipated that some additional infrastructure will be required for the mitigation of transmission, and additionally to facilitate the emergency medical response plan in the event of the reporting of an infected or potentially infected person(s). Sports data registration and use of bar code at entrance could be a measure.

The working conditions must follow the recommendations from the local Health Authorities.

## **6.2. ISOLATION SPACES/UNITS**

In the event of the reporting of a potentially infected person(s), the initial actions to be taken will include the isolation of the person(s) until such time as further examination and/or testing can be conducted to confirm, or otherwise, diagnose COVID-19.

Suitably equipped spaces/units (minimum 2 in each arena and minimum 2 in each hotel) should be planned and provided to facilitate the effective isolation of a potentially ill person(s) until he/she can be tested and/or transferred to the relevant medical facility.



## 6.3. CLEANING

It is widely understood and accepted that the COVID-19 virus can remain active on surfaces for an extended period. The precise time for which the virus can remain active, on surfaces of various materials, has been the subject of several studies since the start of the pandemic. These studies have suggested that this period can be as much as 2 days on glass and 3-4 days on plastics and stainless steels; with one study finding it can remain active on used PPE (i.e. a medical mask) for up to 7 days. It is also widely understood and accepted that, like other coronaviruses, the COVID-19 virus is susceptible to being broken down by common soaps and detergents due its' fragile outer (lipid) layer. The specific points noted above, in combination with established general infection prevention and control principles, have resulted in almost universal adoption of higher frequency and thorough cleaning of commonly touched surfaces as a COVID-19 transmission mitigation measure.

It is noted that higher frequency and thorough cleaning of commonly touched surfaces should be understood to be only one part of a package of mitigation measures, including good hand hygiene and the recommendation to avoid touching of the face, aimed at mitigating indirect transmission of COVID-19 via contaminated objects and/or surfaces.

It is suggested that in the preparation of an event, prior to the arrival of event attendees and before control of any venue space is passed to an attending stakeholder, the Organizers consider the completion of a thorough venue cleaning process. The aim of this process should be to ensure that all touch surfaces are effectively cleaned to remove, or reduce as far as possible, COVID-19 virus that may be present on them. It is noted that, cleaning prior to an event should be followed by frequent and effective cleaning during an event.

The WHO document "Cleaning and disinfection of environmental surfaces" may be used as guidance on the cleaning and disinfection of environmental surfaces in the context of COVID-19.

### 6.3.1. VENUE CLEANING

The frequent and effective cleaning of surfaces, in order to remove or reduce the amount of the COVID-19 virus on them, is considered to be an important measure in almost all relevant guidance on the transmission mitigation of COVID-19. It is recommended that frequent (once daily or more) and effective (using products that can be specifically identified as being effective for breaking down the COVID-19 virus) cleaning processes is considered. The frequency of cleaning procedures depends on the specific product used to clean. A contract with a company taking care of cleaning process is warmly suggested. It is noted that this is of specific importance for all venue spaces and any means used for personal hygiene purposes (e.g. washrooms and changing rooms). Cleaners and maintenance staff responsible for carrying out the cleaning process must be provided with suitable PPE for the task.

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, it should be volunteers' duty to open them, in order to avoid the participants to touch the handles.



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

Signage on the floor shall ease the flow of athletes in the different areas of the venue.

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

## **7. SERVICES FOR ATHLETES**

### **7.1. GENERAL**

The WAKO IF Organizing Committee and local Organizers must study ways of conducting the registration process (that will be, whenever possible, prepared on-line in advance). All the briefings (coaches, referees/judges) and, in general, all situations where information is going to be communicated to groups of people, should be planned using electronic and on-line media, so as to reduce pre-race social interaction. WAKO IF Organizing Committee and local Organizers shall ensure that the chosen online registration systems respect all the requirements provided by Reg. UE 2016/679 and by relevant local legislation. In particular, WAKO IF Organizing Committee and local Organizers shall verify:

- a) Where the relevant data are kept and stored;
- b) The technical and organizational measures adopted;
- c) Security requirements of all the relevant sub-processors.

### **7.2. AIRPORT TRANSPORT SERVICES**

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

Each delegation is recommended to send only the necessary support staff trying to reduce its size to the minimum.

### **7.3. TRANSFERS TO THE VENUE**

The Organizers will provide all those accredited persons with transport from the official hotels to the competition venue and vice versa. There will be a strict and frequent bus schedule to avoid crowding. 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.

### **7.4. BRIEFINGS**

All briefings should be conducted on-line, if technically feasible. All championships information should be provided online, through the event and WAKO IF website. In the unlucky case the briefings cannot be held on-line, social distancing and other mitigating measures must be respected.



## **7.5. COVID-19 CHECKS**

The WAKO Organizing Committee and the Organizers must establish check-in times for COVID-19 checks in specific time slots according to the nationality of the delegations. The time slots must be calculated according to the size of the medical room(s), the number of attendees and the number of professionals composing the COVID-19 Medical Team (CMT). Proper signage on the floor must be in place to keep social distancing at 1.5 meters.

The CMT will validate the swab test report and the COVID-19 Health Questionnaire for each attendee after the onsite registration and, for kickboxers competing in weight categories, before the weigh-in. The accreditation card will be given to each attendee after this validation.

In addition, the CMT will validate the COVID-19 Health Questionnaire daily at the point of entry of the venue, after body temperature check (no contact system).

Between the 3<sup>rd</sup> and the 4<sup>th</sup> day of the championships, a new antigenic swab test will be repeated to all attendees and the result will be validated by CMT. The swab test will be collected in medical rooms dedicated whose location will be communicated by the Organizers.

## **7.6. WEIGH-IN**

Athletes must perform the weigh-in immediately after the onsite registration and COVID-19 check and every morning in ring disciplines.

The WAKO Organizing Committee and the Organizers must establish check-in times for weigh-in in specific time slots according to the nationality of the delegations. The time slots must be calculated according to the size of the weigh-in area, the number of electronic scales, the number of kickboxers and the number of officials involved. Proper signage on the floor must be in place to keep social distancing at 1.5 meters.

## **7.7. MEDICAL CHECKS**

Athletes must perform the medical checks immediately after the onsite registration and the weigh-in.

The WAKO Organizing Committee and the Organizers must establish check-in times for medical-checks in specific time slots according to the nationality of the delegations. The time slots must be calculated according to the size of the medical room(s), the number of kickboxers and the number of visiting doctors. Proper signage on the floor must be in place to keep social distancing at 1.5 meters.

The visiting doctors must wear a FFP2 facemask or equivalent, disposable gloves, goggles and protective disposable coat. The face mask will be changed every 4 hours or before, in case of its contamination; disposable gloves will be changed after each examination; goggles will be sanitized at the end of each medical check session (at least once every 4 hours) with a product with viricidal effect that is nontoxic for humans; the disposable coat will be changed at the end of each medical check session (at least once every 4 hours) or before, in case of its contamination. The medical room(s) will be sanitized before each medical check session.



## **7.8. UNDERAGE KICKBOXERS**

Each underage kickboxer will be supervised by one adult (parent or legal guardian). The supervising adult will be considered as a participant to the event and has to observe all the procedures to mitigate the risk of COVID-19 diffusion. In particular, the supervising adult has to go through the onsite registration and COVID-19 checks (negative swab tests to be repeated between the 3<sup>rd</sup> and the 4<sup>th</sup> day of the championships, daily COVID-19 Health Questionnaire, body temperature check at the arena point of entry).

## **8. COMPETITION**

### **8.1. WARM-UP AREA**

The warm-up area shall be of at least 9 m<sup>2</sup> per athlete (and coach) and visibly marked. If possible, the tatami will be identified for alternate blue/red color, 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 who will follow the same athlete into the competition.

Team physios, doctors and other national staff will not be allowed to access the warm-up area; a separate area will be made available for athletes needing treatment.

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

Only kickboxers may remove their facemasks in the warmup area immediately prior to exercising, and must put it back on immediately afterwards.

### **8.2. CHANGING ROOMS & TOILETS**

Changing rooms and toilets must have limited occupancy only and will be sanitized after each use. Kickboxers are invited to take shower in their hotel room.

### **8.3. COMPETITION AREA**

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

The competition area, scorekeepers', officials' and medical tables and seats will be sanitized once daily or before in case of need (i.e. in case of biological fluids, etc.).

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

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

Any attendees who do not comply with the established COVID Protocol will not receive their accreditation or access to the event.



#### **8.4. SPORTING EQUIPMENT**

Head, hand/elbow 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. It is recommended using only personal head, hand/elbow and leg/foot protections, to be validated by the LOC or WAKO officials.

#### **8.5. MEDICAL PERSONNEL**

Medical personnel will take place in dedicated spaces equipped with tables and chairs. The Medical personnel will wear a FFP2 facemask or equivalent, disposable gloves, goggles and protective disposable coat. The facemask will be changed every 4 hours or before, in case of its contamination; disposable gloves will be changed after each examination; goggles will be sanitized at the end of each competitive session (at least once every 4 hours) with a product with viricidal effect that is nontoxic for humans; the disposable coat will be changed at the end of each competitive session (at least once every 4 hours) or before, in case of its contamination.

### **9. REFEREES / JUDGES**

Referees/judges must use disposable gloves, goggles and facemask FFP2 type or equivalent, as PPE. Gloves must be changed after each fight; goggles must be sanitized after each fight with a product with viricidal effect that is nontoxic for humans; FFP2 face masks or equivalent must be changed after each competitive session.

### **10. MEDAL CEREMONIES**

The use of a surgical facemasks or superior is mandatory 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 and allowing social distancing.

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.



## 11. KEY POINTS OF PREVENTION

- Organizers, possibly together or in agreement with local authorities, in the week before the competition should provide all participants/officials/staff with adequate information on COVID-19 situation, diffusion and preventive measures in the hosting country. This document should be clear and easily understandable by participants. All participants and their entourages should be educated about COVID-19 and how to prevent infection.
- COVID-19 vaccination is strongly recommended for all participants (kickboxers, officials, coaches, referees, VIPs, volunteers....).
- The use of surgical facemasks or superior will be mandatory for all, except doctors and referees/judges who should wear FFP2 facemasks or equivalent. Only the athletes will be allowed to take them off during their competitions and while warming up.
- In order to mitigate the risk of COVID-19 diffusion, it is recommended to organize the championships in a venue at close (walking) distance from the hotel(s).
- Isolation procedures for athletes and other accredited participants (e.g. field-of-play staff, medical teams, officials) who feel unwell or become symptomatic should be clear, documented and rehearsed prior to holding the event.
- Organizers should develop a checklist including mitigation measures (respiratory etiquette, alcohol-based hand sanitizers, hygiene facilities, etc.) to be signaled in the hotel and in the venue.
- Organizers should prepare a document to be filled by each participant (athletes, officials, coaches, referees, VIPs, volunteers...) where each participant confirms he/she has been informed on local COVID-19 situation, on the mitigating measures adopted and taking his/her own responsibility in case he/she gets sick from COVID-19 (signed by parents or guardians in case of underage participants). The signed document should be sent not later than 72 hours before arrival and uploaded digitally on Sports data system, if this system is working.
- All attendees (athletes, officials, coaches, referees, VIPs, volunteers....) must have at least one negative COVID-19 nasopharyngeal swab test in the 96 hours before the official registration. Only molecular (PCR) tests will be accepted. At the onsite registration, all participant must hand in the original laboratory test report in English containing the type of test, negative result, date, name, and laboratory. The test report shall be returned to the attendees right after the check.
- All attendees (kickboxers, officials, coaches, referees, VIPs, volunteers....) must fill the COVID-19 Health Questionnaire (Annex I) at registration and on daily basis during the event. The questionnaire will investigate COVID-19 symptoms, history of COVID-19 illness and recent close contacts with a COVID-19 patient.
- A COVID-19 Medical Team (CMT) will manage all the aspects related to COVID-19 during the championships. The CMT will be responsible for validating all the COVID-19 laboratory test reports and the COVID-19 Health Questionnaires (at registration and on daily basis).
- A body temperature check (no contact system) must be mandatory at the entrance of the venue.
- In case of appearance of COVID-19 symptoms or in case of positive swab test, the participant, contacted by the CMT, will have to list all the people who were within 1.5 m for 15 minutes or more cumulatively over a 24-hour period from 2 days before illness onset or 2 days prior to swab test.



- Participants who are older than 60 years or who have health conditions like lung or heart disease, diabetes or conditions that affect their immune system are discouraged to participate or enter the arena.
- Strict and timely scheduling of kickboxers' onsite registrations, COVID-19 checks, weigh-in and medical checks to avoid gatherings and queues to keep crowding at a minimum.
- Entrance and exit from arena must be completely separated. The flow of participants will be one-way only, with the relevant signage on the floor, indicating the right direction.
- It is recommended using only personal head, hand/elbow and leg/foot protections, to be sanitized before each use.
- It is strongly suggested not to use the showers in the arena. Athletes are recommended to arrive already with competitive sportswear on and go back to the hotel immediately after each competition. In case a participant would take a shower in the arena, adequate distancing is mandatory (the use of adjacent showers will be prohibited).
- Any attendees who do not comply with the established COVID Protocol will not receive their accreditation or access to the event.
- The capacity of the hotel rooms should be maximum of 2 people.
- Avoid any contact between participants and public.
- If the WHO Risk Assessment tool has proved a moderate risk, consider lowering the risk of the event with additional mitigating measures (for instance, no public).



## **Useful links**

<https://www.who.int/publications-detail/public-health-for-mass-gatherings-key-considerations>

<https://www.who.int/publications-detail/considerations-for-sports-federations-sports-event-organizers-when-planning-mass-gatherings-in-the-context-of-covid-19-interim-guidance>

<https://www.who.int/publications-detail/key-planning-recommendations-for-mass-gatherings-in-the-context-of-the-current-covid-19-outbreak>

<https://www.who.int/publications-detail/how-to-use-who-risk-assessment-and-mitigation-checklist-for-mass-gatherings-in-the-context-of-covid-19>

<https://www.who.int/publications/m/item/guidance-for-the-use-of-the-who-mass-gatherings-sports-addendum-risk-assessment-tools-in-the-context-of-covid-19>

<https://www.who.int/publications/i/item/considerations-for-sports-federations-sports-event-organizers-when-planning-mass-gatherings-in-the-context-of-covid-19-interim-guidance>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



**COVID-19 HEALTH QUESTIONNAIRE (\*)**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

National Federation/Club \_\_\_\_\_

Please, cross the proper:

Kickboxer	<input type="checkbox"/>	Referee/Judge	<input type="checkbox"/>	Other official	<input type="checkbox"/>
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Age Category \_\_\_\_\_ Kickboxing discipline \_\_\_\_\_

Email \_\_\_\_\_ Phone Number \_\_\_\_\_

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

	YES	NO
Body Temperature $\geq 37.5^{\circ}\text{C}$		
Dry cough		
Nasal congestion		
Sore throat		
Difficult breathing		
Headache		
Conjunctivitis		
Muscle aches and pains		
Diarrhea or vomiting		
Loss of taste and/or smell		
Fatigue without a known cause		
Rash on the skin or discoloration of fingers or toes		
	YES	NO
Have you had a closed contact (within 1.5 meters for 15 minutes or more cumulatively over a 24-hour period) with an individual infected with the COVID-19 virus in the last 14 days?		

In addition, I confirm that in case I have had COVID-19, I have had a medical clearance before resuming training, stating that I am fit for competitive kickboxing.

DECLARATION: "I declare that, pursuant to Regulation (EU) 679/2016 (GDPR), I am aware that the data collected through this document will be processed for the purposes described in WAKO Privacy Notice and that I have taken vision of the latter pursuant to art.13 GDPR."

Date \_\_\_\_\_

\_\_\_\_\_  
Signature of athlete (or parent/legal guardian if underage)

\*Hand in at the onsite registration