



[Xacobeo Official Event 2021-2022](#)

SPECIFIC PROTOCOL AND REINFORCEMENT BULLETIN COVID-19

RAID GALLAECIA ARWC 2021

ADVENTURE RACE WORLD CHAMPIONSHIP 2021

ORIENTEERING SPORT. EXPEDITION RAID

2 - 9 OCTOBER 2021

“Measures relating to the protection and prevention of health against Covid-19 in the development of this federated sports activity”





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1. COMPETITION PROGRAM

Wednesday, September 29th. Arrival of the teams that need airport-hotel transfer

Teams transport from Santiago de Compostela airport to official hotels in A Coruña.

[activation of the micro-bubble of each team that arrives at the official hotels].

Thursday, September 30th. Teams registration and centralized antigen testing.

Teams registration.

Antigen test conduct activation and micro – bubble activation of each team

Collection of transition Boxes.

Mandatory equipment review.

Food supply and preparation of equipment for the race.

Friday, October 1st

Food supply and preparation of equipment for the race

Delivery of Transition Boxes and MTBs.

Official presentation of the teams [detailed later as "flags parade" event].

Saturday, October 2nd

Delivery of personal suitcase

Transfer of teams to the start line village

12:00 am Departure ARWC 2021

Wednesday, October 6th

Arrival of the first teams at the finish line

Saturday, October 9th

12:00 am Finish line closing

Awards ceremony

Final race party, which will consist of an outdoor snack (weather permitting). As an alternative, inside the Coliseum of A Coruña, respecting the safety distance.

Sunday, October 10th

Teams transfers to Santiago de Compostela airport



2. DETAILS OF MEASURES TAKEN TO REDUCE THE RISK OF CONTAGION

2.1 Before entering the race : three (3) rings of security

Good behaviour recommendations establish three safety rings before entering the race:

Safety ring nº 1 (recommended individual behavior) in the routines of the previous trainings in the place of residence .

Train in stable groups. It is recommended that training is in stable, contactless groups.

Minimize contacts in the previous 14 days. It is recommended that athletes, assistances and own staff avoid all unnecessary contact, including participation in other events, training, and extending these restrictions to the personal, academic or work environment (i.e. from September 15th).

It is recommended to strengthen the distance and hygiene in the previous 14 days. It is recommended to take extreme hygienic measures in the 14 days prior to the competition: avoid contact and always maintain a social distance of 1.5 m and use approved masks whenever possible, hand cleaning, use of hydroalcoholic gels and surface disinfectants , etc.).

Maximum monitoring for the appearance of any symptoms compatible with COVID -19.

Vaccination . We remind that the fact of having the complete vaccination schedule against COVID -19 doesn't exempt from compliance with this code of good conduct. The organization reserves the right to demand vaccination schedule for athletes, provided that it has the approval of the health authorities and the legal guarantees of the Superior Court of Justice of Galicia.

Diagnostic tests. It is recommended that athletes perform diagnostic tests (antigen test) every 14 days during **training phases that involve contact** (not respecting the safety distance of 1.5 meters without a mask) between team members.

Safety ring nº 2 (recommended individual conduct and / or entry requirement in Spain) immediately before taking the trip.

It is recommended not to travel using public transport. Give preference to the private vehicle (car, van, etc.).

In order to have more guarantees before taking the trip, it is recommended to perform serological tests or similar tests **in the home country** at least between 72 and 24 hours prior to the competition.



Countries with entry restrictions or quarantines. The organization is working on processing special permits, for which they will need to receive in the mail raidgallaecia@gmail.com the list of members of each team, passport number and address in your country of residence.

Safety ring nº 3 : compulsory antigen test at the time of accreditation at the Coliseum of A Coruña . It will be mandatory and will be borne by the athletes and paid at the time of performance (€5). In order to comply with regional regulations and have more guarantees that athletes and their assistants are not carriers of COVID- 19 at the time of accreditation at the Coliseum of A Coruña, the organization will perform an antigen test on each participant. It will also enable access to a confirmation PCR for those cases where the antigen test is positive, which will also be borne by the athletes, and will be paid at the hospital contracted by the organization (€90).

- The organization will carry out the following actions to provide security COVID -19 to local, provincial, regional and national administrations:

Athletes

Performing antigen testing on all runners centralized at the Coliseum of A Coruña (Thursday 30 September). It is the closest day to departure.

- **What about tests with positive results?** Positive cases will be isolated immediately and brought to the attention of the Covid Field Delegate of the competition and the health authorities. Isolation implies that until the confirmation of the results it will be strictly forbidden to go outside to train, walk, buy food or medicines and so on. This applies at the time of accreditation, but also during the competition and at the end of it.

Roommates or close contacts of people with a positive test, and potentially the entire team, will be isolated.

Participants should be aware that it is mandatory to notify health authorities of any suspected or confirmed cases.

The medical officer will take an unappealable decision together with the health authorities (Servicio Galego de Saúde - SERGAS) on whether new diagnostic tests are necessary and whether participation in the competition of those affected is allowed.

During the isolation time, all costs arising from the stay will be borne by the athletes themselves.

2.2 Requirements for athletes

The participation of athletes (and by extension of teams) who are unable to demonstrate that they are not carriers of COVID -19 by the antigen test provided by the organization will not be permitted .

About antigen tests scheduled by the organization. They must have a negative antigen test scheduled by the organization at the time of accreditation. Diagnostic tests that are not scheduled by the organization will not be accepted.

Possession of certificates of complete vaccination schedule against COVID -19 does not exempt participants from complying with these requirements for making the antigen testing.



Weak positive. Participants with a positive antigen test and who justify it with a recent recovery after passing the COVID -19 infection , must present a medical certificate and previous positive PCR test certificates in English or Spanish before traveling to Spain. A decision will be made by the medical director in cooperation with the health authorities on whether participation may be authorized or not.

Spain Travel Health (SPTH). Participants who access Spain by air must consider the instructions established by the Government of Spain regarding access in:

<https://www.mscbs.gob.es/en/profesionales/saludPublica/ccayes/alertasActual/nCov/spth.htm>

All passengers arriving in Spain by air must complete a Health Check Form before departure and obtain their QR code to present at boarding and health checks upon arrival in Spain.

*From **June 7, 2021** , all those passengers who come from a country / zone of RISK in relation to the coronavirus SARS-CoV-2, must present, in order to enter Spain, a certificate or document certifying vaccination against COVID-19 or a negative certificate of a Diagnostic Test of Active Infection or a Certificate of Recovery after having passed this disease. It can be an EU COVID Digital Certificate, or a document accrediting the above, whether it comes from an EU member state or from a third country.*

In the case of the EU Digital COVID Certificate, it will serve as proof that the person:

- has been vaccinated against COVID-19
- has performed a test with a result that has been negative, or
- recovered from COVID-19

Travel insurance. Assess whether it is necessary to take out some type of travel insurance that can cover potential medical costs. Insurance should include potential compensation for a possible quarantine situation in Spain (14 days on average) and return to the place of residence. Do not underestimate, in the worst cases, the high cost of hospital treatments.

2.2.1 Accreditation in the Gallaecia ARWC 2021 Raid

Once the corresponding antigen test has been carried out with a negative result and validated by a healthcare professional, participants will be able to access accreditation in the Gallaecia ARWC 2021 Raid .

Accreditation in the Gallaecia ARWC 2021 Raid competition implies that registered persons accept the following rules:

- I have read, understood and will follow all the rules and recommendations communicated through the specific COVID -19 bulletins and information about the test. I will also comply with any updated rules and instructions from the organizers. I agree that these rules are mandatory additional rules for both competition and ARWS standards.
- I will communicate without delay any suspicion or symptomatology to the organization.
- I assume that a positive result in a diagnostic test will automatically involve isolation in Spain for several days, as established by the health authorities, and that the cost must be borne individually.



- I assume that non-compliance with these rules may result in expulsion from the ARWC competition of the person and / or team, as well as from future ARWS events.

- I authorize the organization to record the data of the diagnostic tests and that they are shared with the health authorities.

What to do if an athlete gets sick during the competition? If an accredited participant manifests COVID - 19 symptoms (fever, chills, cough, shortness of breath, decreased sense of smell and taste, sore throat, muscle aches, headache, general weakness, and even in some cases there may also be digestive symptoms, such as diarrhea, vomiting and abdominal pain ..):

- the athlete will be isolated in a previously enabled space and a mask will be used, as established in the GALICIAN FISICOID-DXT Protocol. Your teammates or assistants will be informed, either in person or via cell phone.

- they will contact the Covid Field Delegate and this one with the medical director, who will communicate it to the SERGAS and will give the opportune indications.

- the medical director of the competition will make a decision in agreement with the health authorities on whether the other teammates should be isolated or not, or whether new diagnostic tests are needed or even whether the team can remain in the race.

2.2.2 A team, an ARWC micro-bubble

Isolation of each equipment after its accreditation. In order to reduce all types of contacts and to **minimize** the risk of infection among participants who have already tested negative for antigens from the time of accreditation, it is proposed that each team acts with individual responsibility, remaining isolated in their own micro- bubble. We recommend that foreign teams arriving via transfer, activate their micro-bubble from the moment of entry into Spain.

Avoid external contacts. Once inside the micro-bubble, all external contact and all contact with other teams should be avoided or reduced to the absolute minimum.

This minimization of contacts implies that, as far as possible, only activities scheduled by the organization should be carried out.

As a general rule, participants will be allowed to go to stores, supermarkets, pharmacies, and so on. Preferably the person acting as an assistant or a designated team member should do this work for the benefit of the team .

Inside the micro-bubble, athletes should follow a series of COVID -19 instructions :

a. Maintain social distance (1.5 meters).

b. Use of an approved mask at all times, with the following exceptions: in the room, during meals (they should be used at the time of collecting food and at the table, but not whenever you are eating), during physical exertion in training and warm-up (but they must be used before and after the same).

c. Avoid crowded spaces and prolonged activities in contact with other people.



d. Avoid contact with surfaces, especially in public and crowded places.

e. Wash your hands frequently with soap and water or hydroalcoholic solution. Take a small pot of hydrogel with you and use it frequently.

f. When you cough or sneeze, cover your nose and mouth with your elbow flexed or a handkerchief. Discard the cloth properly. Immediately wash your hands with soap and water or hydrogel.

g. Check every morning if you have symptoms (self-test). Do I have a fever? Do I have cough? Do I notice shortness of breath? If any of the answers is positive, I must stay at home and proceed as established by the Ministry of Health.

Avoid contacts in corridors or elevators in official hotels. The organizers will try, as far as possible, to compartmentalize the floors and / or corridors or spaces in the dining rooms for the exclusive use of the participants.

2.2.3 Transport

Transfer to the accommodation of the runners arriving at the reference airport. This transfer will be made from the airport to the official race hotels in buses hired by the organization that will apply the sectorial transport regulations in force:

- In these buses there will be hydroalcoholic gel available to the athletes, both when leaving and entering.
- Inside the bus you will be warned that you cannot eat as the journey takes less than an hour.
- Inside the bus you will be informed that you cannot speak out loud.
- An approved mask must be worn -

Transfer of equipments. The race stuff will be moved in trucks or vans to the Competition-Equipment Center, but before loading:

- There will be surface disinfectant (virucidal) available to staff and athletes.
- Those responsible for transporting the stuff must use approved masks and will have at their disposal hydroalcoholic gel and surface disinfectant (virucidal).
- Other mandatory running equipments that come in bags or suitcases will also be transported, being fumigated or cleaned with a surface disinfectant (virucidal) as far as possible (e.g. ropes and other porous materials may not be cleaned or fumigated) .
- Crowding at points of unloading and / or collection of equipments should be avoided.

Transfer to the starting village (all athletes). This will be done under the same conditions as the transfer from the airport to the accommodation.

- An approved mask must be worn.

Transfer of the athletes from the accommodation to the reference airport. This will be done under the same conditions as the transfer from the airport to the accommodation.

2.2.4 Individual conduct: responsibility, distance and hygiene

We appeal to the individual responsibility of organizers (staff and volunteers), athletes and assistants in critical aspects:

- take all necessary measures so that we can all enjoy safe competition,
- comply with the recommendations of maintaining social distance.
- comply with hygiene recommendations (use of mask, hand cleaning, use of hydroalcoholic gels , etc.).

2.2.5 Measures of the organization

Race declared without public

All staff in the organization will have a mask and hydroalcoholic gel. They will continuously carry out personal cleaning actions in their area of responsibility. **Masks must be renewed according to the manufacturers' specifications.**

The organizers most exposed in addition to the mask will use protective plastic screen, especially in rainy or humid conditions.

Maps, raidbooks, and pockets or bibs will be delivered in advance, avoiding physical contact.

2.2.6 Essential measures for participants

They will have to sign the document of Responsible Declaration for Participation in the Event in relation to COVID- 19 (and acceptance of the conditions of participation ANNEXES I and II) .

It is recommended to install the Government Radar COVID- 19 tool (app) .

Use the hydroalcoholic gel dispensers placed at pre-start, start, transitions and finish line.

The mask (homologated and adapted to the sport) YES is mandatory at the Competition Center (always).

The mask (homologated and adapted to the sport) YES is mandatory during the exercises warming (always).

The mask (homologated and adapted to the sport) YES is mandatory during the mass start process and cannot be discarded until leaving the urban environment and the safety distances between teams (minimum of 6.0 meters) are guaranteed.

The different teams will maintain a safety distance of 6.0 meters from each other during the race. They will apply a series of good practices with respect to other teams and people:

Give way in overtaking and crossings. As it is an outdoor sport in the natural environment and without marked routes, overtaking or crossing of athletes is allowed occasionally. As a good practice, slower athletes / teams should give way to the fastest. They will circulate in a diagonal arrangement and not immediately one team after another.

At checkpoints (flags). After registering the passage at the control point (flag), I must move away from it at the recommended distance of 6.0 m, leaving free access for other athletes and avoiding occasional crowds.

Sections in gathering with other athletes. If, due to race circumstances, two or more teams have coincided during the same race section progressing steadily to less than 6 meters, they must use the mask until they recover the recommended distance of 6 meters.

Occasional gathering with strangers (neighbors, passers-by, other users, etc.). If, due to specific race circumstances, an athlete crosses strangers without being able to maintain a safety distance of 2 meters, the mask must be worn until the recommended distance of 6 meters is achieved.

The mask will **NOT** be mandatory within members of the same team as the team progresses individually in the trekking and MTBO sections.

The mask will **NOT** be mandatory in the kayak section (although a safety distance of 1.5 meters between members of the same team on the boat cannot be guaranteed). Authorized by previous antigen testing.

The **SI** mask will be mandatory in special rope and caving tests (at all times to ensure disinfection of common equipment (ropes, ribbons and anchors , etc.) and the safety of staff members who will ensure the safety of participants.

The **SI** mask will be required in transitions (at all times).

The **SI** mask will be mandatory on urban or busy sections, although the distance of 2.0 m from "other people" could be guaranteed.

All participants will carry two extra (individual) masks in their backpack (they will be mandatory stuff).

At the start, transitions, and arrival, participants will follow the signs and cross the entry and exit corridors.

Transitions will be bounded in boxes for each team maintaining a minimum separation distance of 3 meters between them, and spaces will be enough to ensure 1.5 meter separation between team members.

Runners on the same team will be able to share food or drink. It will be forbidden to share them between teams.

Water and food supplies (individual for each team) will be organized as safely as possible.

2.2.7 After the competition

Covid-19 diagnostic tests (departure testing). Since some countries require the submission of a negative diagnostic test at Covid 19 prior to entry, the organization will provide teams with points where they can take these tests before embarking on the trip. They will inform about the cost of the tests.

Covid-19 traceability after competition. It is mandatory for teams to notify the organization of any health issues related to COVID-19 during the 30 days (1 month) following the competition.

2.3 Justification of the main organizational aspects

2.3.1 Reception (equipment competition-preparation center)

- Organization staff, athletes and assistants with approved masks.
- Performing antigen tests on all athletes before entering the equipment preparation area.
- Social distance between teams (minimum 3.0 m) in the equipment preparation area.
- Hydroalcoholic gel when entering and leaving the EQUIPMENT PREPARATION ZONE
- The teams will arrive at the EQUIPMENT PREPARATION ZONE at the time assigned by the organization to each team.
- Delivery of pocketed race bibs in the equipment preparation area.
- Delivery and signing of the race documentation electronically.
- Carrying out the technical talk **in streaming** if the dimensions of the enclosure do not allow to guarantee a correct ventilation and occupation of more than a% of the established capacity.

2.3.2 Outdoors Flags parade event

There will be an outdoors Flags parades (Friday 1st, October) in which all the necessary measures will be taken to comply with the hygienic-sanitary measures against COVID-19 established by the sectoral regional regulations:

- The transport to the event will be done in collective public transport, buses, enabled exclusively for the sportsmen, respecting the measures of capacity. Mandatory approved mask during the trip.
- Approved mask at all times at the parade, which will be outdoors.
- Safety distance (minimum of 3.0 meters) between the different teams of athletes during the event.
- It will take place in the area from Entrexardíns to the Plaza de María Pita in A Coruña, and the area of the parade will be restricted to avoid the accumulation of occasional public (not invited) around the athletes.

2.3.3 NEUTRALIZED Mass start with mask

As all runners are informed and controlled for safety COVID-19 purposes and this protocol was treated as if it were a contact sport, as all athletes performed different tests of proven reliability (**antigen test**) and a series of measures until the time of departure were followed, this could be done in mass with the following preventive measures:

- In the place of departure, the mask will be kept on athletes, assistants, own staff and volunteers, authorities, security forces, health service, and its use will also be checked in the possible public (residents, passers-by, etc. present in the start area). **It will be a way to show the safety and responsibility of sports competition with respect to the rest of the population.**

2.3.4 During the race

During the race. As this type of race takes place in the natural environment and mostly by paths, with a route with a great altitude and distance, and the differences between each of the participating teams are usually shown from the first kilometers of several minutes, and there may even be days between the first and last participant in the middle of the race, we think that this together with all the hygienic-sanitary measures taken before the start of the race, in addition to the certifications of diagnostic tests provided by runners and antigen tests done by the organization, it would not be necessary to take any extra hygienic-sanitary measures against COVID-19 during the course of the race except:

- Mandatory use of a mask when passing through towns, although a social distance of 3.0 m from "other people" can be guaranteed. It would also be necessary when going through crowded areas.
- Use of gel and mask in transition areas.
- Use of mask in special disciplines.

2.3.5 Assistance Areas or Transitions

Although the teams come here with a sufficient separation between them and even if they can prove enough health guarantees so that no extraordinary measures have to be taken in terms of safeguarding people against Covid 19, we will implement a series of measures to make us all feel more security:

- Hydroalcoholic gel at the entrance and exit of the transition .
- Volunteers with masks, although the social distance of 3.0 m from "other people" can be guaranteed.
- Athletes forced to enter with a mask in the transition, although the social distance of 3.0 m from "other people" can be guaranteed.
- Bounded the entrance and exit area and the equipment preparation area.
- Volunteers guiding each team and explaining where to prepare the equipment and where to leave it once they leave the transition. There will be surface disinfectant (virucidal) available to staff and athletes.
- Keep transitions ventilated as much as possible.
- It is not allowed to rest or sleep within the transition except for medical reasons. Specific areas will be enabled near this transition to be able to rest, maintaining the hygienic- sanitary measures COVID-19.
- Teams within the transition will stay the minimum time required
- Availability of antigen test in case of minimal suspicion or symptomatology.

When a provisioning provided by the organization is supplied in these TA, it would be done as follows:

- Use of individual bags
- Fruit it will be given without peeling or cutting. It will be placed on a table and will be collected by the participant. Once collected, the table will be cleaned with a surface disinfectant (virucidal).



- Each team will be given their 4 bags.
- In case of existing microwave or water heaters, hydroalcoholic gel will be put on the side to clean hands before and after using any of the appliances.

2.3.6 Kayak sections

Although the safety distance of 1.5 m between people on the same team (two-seater kayaks) is not respected, the activity without a mask is authorized because there are previous diagnostic tests with antigen testing.

The firm hired to supply the kayaks will clean kayaks and their accessories (shovels, seats, vests, transport wheels, etc.), before and after their use by athletes with surface disinfectant (virucidal). This will be made in each of the kayak sections.

1.3.7 Rope sections (zip line)

In the totem start there will be a hydroalcoholic gel dispenser. It will be compulsory to follow the directions of the organizers, respect the interpersonal safety distance between teams (if they gather at the same time) and wash hands before and after direct contact with the equipment. The organization will ensure the disinfection of the surfaces, if necessary.

Mandatory use of mask at all times to ensure disinfection of common materials (ropes, ribbons and anchors, etc.) and safety of staff members who will ensure the safety of participants.