



#### TEAM INFORMATION

**KNSB Short Track International  
Invitation Cup 2020**

**Heerenveen, The Netherlands**

Welcome to the International Invitation Cup! Because we live in crazy times, we advise you to read the following information very careful and share this with your athletes.  
Please do mention your questions in the team leaders' meeting.

## CONTACT INFORMATION

### Dutch Skating Federation (KNSB)

Mrs. Sandra Vrakking  
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### Venue

Thialf  
Pim Mulierlaan 1  
8443 DA Heerenveen

There is a car park at the ice rink (free of charge)

## 1. CORONA

### **This is subject to Government restriction at the time of publication:**

Common rules:

- Keep 1,5 meter distance from each other, except athletes when they are on the ice.
- Don't come to the competition with health issues, even as small as a sore throat or nose cold.
- Please cough and sneeze in your elbow, not your hand
- If you have been in contact with someone carrying the COVID-19 virus you are not welcome to come to Thialf, and you must go into self -quarantine for a period of 10 days.
- If you have had the COVID-19 virus yourself you must be at least 24 hrs free of complaints before you can come to The Netherlands.
- Encouraging athletes through shouting is not allowed. No high fives will be given.
- Wearing a mouth mask is MANDATORY for all persons in the stadium.

### Pre-Competition Covid-19 Test in NL:

**We will test every Team Skater & Team Staff member prior to the start of the competition on the expenses of the KNSB. The KNSB will provide the facility in order for the test to be carried out.**

**Your team is required to come to Thialf on Wednesday 21 October between 11 and 14 hrs., in time slots.**

**Please take your passport with you.**

**France will be tested on Thursday morning. Location to be confirmed.**

**You can come to the entrance of Thialf and will be send to the medical room for testing. After testing please leave Thialf and go back to the hotel as soon as possible.**

**More information will follow in the whats app coaches group.**

In the event of a team member or a team official having suspected Covid-19 symptoms please follow the following steps:

1. Report this immediately to Mr. Wilf O'Reilly (+31611886050)
2. This person MUST stay in their hotel room in quarantine until instructed otherwise. If this person has a roommate, also this person must go into quarantine in a different hotel room.

3. A Covid-19 test will be required. The KNSB will provide this facility (at the expenses of the team) and will have the result(s) within 12-24 hour. During this time the person must remain in their hotel room. The roommate must also stay in their room. If there are no complaints such as fever, coughing or shortness of breath other team members are free to move.
  - a. **Negative test:** This person has to remain in their hotel room at least 24 hours after the symptoms have passed. The roommate can come out of the quarantine, but still needs to be separated from the tested person.
  - b. **Positive test:** This person will have to remain in their hotel room. We will inform the National Health Authorities (NHA). This person will remain in quarantine. The rest of the team will also be in quarantine. Subject to NHA approval the team in question will be allowed to travel home.

It is important to keep the 1,5 meter distance everywhere you go. Only athletes on the ice are an exception. As soon as skaters are off the ice (in the heat box) 1,5 meters will be applied. We will have people monitoring this. If, after several reminders, skaters or staff will not obey the distance rule, they can be removed from the stadium.

So please keep it safe and make it possible for us to organize this competition.

#### **Arrival in The Netherlands:**

If you are from a country that has an "orange" or "red" indication from our Ministry of Foreign Affairs you are excused from the quarantine measures in The Netherlands as long as you:

- Will not make use of the public transport
- Stay exclusively between your hotel and ice rink (if you want to take extra food to the ice rink, please buy this at the hotel). We ask you to book full board at the hotel, except for the competition days (lunch, fruit and water will be handed out in the ice rink on these days).

#### **Arrival at the ice rink for training:**

You may enter Thialf through the main entrance and take the health questionnaire there.

<https://webshop.thialf.nl/HealthCheck/index.php?taal=ENG>

(you can do the check already 24 hours before arrival).

If a person declares themselves healthy they may pass through the medical checkpoint. You will be assigned dressing rooms for training. The number will be communicated to you in advance. Please take into account the 1,5 meter distance rule in the dressing room and throughout the entire training (except skaters when on the ice). Because of COVID-19 we will avoid combined training as much as possible.

#### **Arrival at the ice rink for competition: (Friday morning 23 October until Sunday morning 25 October)**

When you first enter Thialf you enter through the entrance next to the main entrance (follow signs "Short track").

*This is a different entrance than you have used for training!*

*There will be a video made explaining the routing within the venue; including warm-up areas, changing facilities and where your teams are allowed. This will be shared with amongst all the Team Leader's and we ask you to share this with all your team members and team support staff.*

When coming into that entrance you will be asked to do the temperature check and a health check:

<https://webshop.thialf.nl/HealthCheck/index.php?taal=ENG>

(you can do the check already 24 hours before arrival).

This will be done every day of the competition. If after a double check your temperature is above 38°C, you won't be allowed into the venue, have to go back to the hotel and take a Corona test (attachment 1).

To avoid crowds when registering we will work with time slots for teams' health checks in Thialf:

#### **Friday and Saturday**

Belgium	11.00 hrs
Poland	11.15 hrs
France	11.30 hrs
The Netherlands + Latvia + Israel+2 BEL	11.45 hrs

### Sunday

Belgium	10.00 hrs
Poland	10.15 hrs
France	10.30 hrs
The Netherlands + Latvia + Israel+2 BEL	10.45 hrs

If it gets to crowded in the hall, please wait outside.

You have to send the KNSB a copy of the negative COVID-19 test, done in your country and not older than 72 hrs before arrival in The Netherlands) to [wedstrijdorganisatie@knsb.nl](mailto:wedstrijdorganisatie@knsb.nl).

On the 1<sup>st</sup> competition day we will also check if your negative COVID-19 has been received. If not, that skater or team official will not be allowed to enter the competition or skating venue.

### Warming up:

Biking can be done on the 1<sup>st</sup> floor of Thialf (follow signs “warming up area”). Warming up through walking or running is only allowed outside of the stadium, not inside.

Before your race a designated area near the field of play will be prepared to put on your skates.

On this 1<sup>st</sup> floor a large room has been installed where teams can put their stuff and use as a dressing room directly before and after competition. Do not use this as a relaxing room, but purely to change clothes. If all seats are taken, please wait outside until there is room.

### Ice rink use:

When you are out of the competition for that day we will ask you to go back to the hotel after the lunch break. We have a (paid) live stream available in the weekend, so you can still follow your team members.

If you are not skating for a while, we ask you to go to the designated stands (follow the signs “tribune/stands”).

When you are preparing for a heat you can do that in the warming up area.

So the stands will be your main place to stay and keep your stuff.

### Heat box use:

4 heats before your heat you may enter the center area of the ice rink.

Please respect the distance of 1,5 meters towards the heatbox steward. Please follow his directions.

### Lunch/Catering:

Lunch packages will be arranged and handed out per team in the break. You may take your lunch package to the stands or the rooms on the 1<sup>st</sup> floor, but always so that you will stay 1,5m apart from each other. Water and fruit will be supplied for all skaters and staff members in the biking area.

### Materials:

In the same area as the warming up (1<sup>st</sup> floor) there will be enough space to work on your skates.

### Relay jackets

For relay we will use colored jackets. After each heat the jackets will be handed in, disinfected and handed out again.

### Award Ceremony:

Awards will be given to the first placed team only (per gender) for an overall classification. One skater per team will be invited to come forward to collect the prize on behalf of the team. The prize will not be presented but must be taken from the table.

### Results:

Only digital through Shorttrack online.info and tablets. We will not use printed paper.

## 2. ACCREDITATION AND HELMET COVERS

### **Accreditation given to staff members:**

For Teams entering 1 up to 6 skaters

1 coach

1 medical staff member

allowed at the same time at the field of play

For Teams entering 7 up to 12 skaters

2 coaches

1 medical staff member

1 Video specialist

allowed at the same time at the field of play

For The Netherlands (30 skaters)

4 staff members NTS

1 coach per KNSB Talent Team if skaters have qualified

Only persons with accreditation will be allowed on the center of the ice rink.

The rest of the staff will remain in the stands.

### **Helmet covers**

These will be provided to the teamleader at the 1<sup>st</sup> days's health check. We ask for a cash deposit of € 200,- for both covers and transponders. Sunday after competition the registration desk is where you can hand them in and get your money back.

## 3. TRAINING SCHEDULE 21 and 22 OCTOBER

The training times have been communicated by the KNSB to the participating teams.

Please note that we have no First aid standing by for the training hours. You can always contact the front desk at Thialf for minor accidents, but for major accidents our alarm number is 112. Always contact the front desk when you have called them, so they can lead the way for the ambulance.

## 4. TEAMLEADERS MEETING

The teamleaders meeting will take place on Wednesday 20 October at 20.00 hrs through a Microsoft Teams session. *Please let us know the email address of your coach that wants to take part*, so we can set up the meeting.

### **Communication during competition:**

During competition we will communicate as OC with all coaches through What's app if needed. *Please let us know the phone number you wish to use for this in advance*. Please use this app group only in case of emergencies.

## 5. HOTELS

Hotel de Heidehof is the official hotel

Address:

Golfaan 1

8445 SR Heerenveen

The official Hotel is in 5 minutes walking distance to the Ice Rink.

## 6. FOOD & DRINKS:

The hotel rooms are booked based on half board during competition days. On the days before and after competition you will take the full board option in the hotel.

### **Saturday and Sunday**

Lunch packages will be served only on the ice rink from 11.30 – 13.30 hrs on Saturday and 10.30 – 12.30 hrs on Sunday, on the 1<sup>st</sup> floor (side of the main entrance). We use lunch vouchers, which you will receive on the 1<sup>st</sup> day. Please keep them safe, we don't hand out spare ones.

Coffee and tea for staff members is available on the 1<sup>st</sup> floor.

Please contact the hotel reception about the exact dinner times. You might have to book a time slot because of the corona measures.

Water and fruit will be supplied during all competition days.

### **7. MEDICAL FACILITIES**

During the competition days a professional emergency team is on site.

### **8. TRANSPORTATION**

You can book transportation between Schiphol Airport (Amsterdam) and the official hotel yourself, as stated in the announcement and as communicated with the countries.

Because of the short walking distance from the hotel to the Ice Rink, there is no bus shuttle service necessary during the competition.

### **9. DRESSING ROOMS**

We will not be able to make use of dressing rooms. On the 1st floor, next to the warming up area a meeting room are provided where you can change. This is not a lounge spot!. We ask you to come to the warming up session in the morning already wearing your suit, as much as possible.

### **10. LIVE STREAM**

We have a live stream feed available on Saturday and Sunday. This is pay per view (€ 5,50 for the entire weekend). <https://www.schaatsen.nl/live/>

Please be aware the clock is moving 1 hour backwards because of wintertime, in the night of 24 to 25 October.