



KNSB INTERNATIONAL INVITATION CUP 2

4-6 DECEMBER 2020

ATHLETE INFORMATION



Partners van schaatsend Nederland

LYNK&CO



Dear Friends,

Welcome to the International Invitation Cup! We thank you very much for coming to The Netherlands in these difficult times.

We can only proceed with our event if we all follow the National Government restrictions and guidelines and request your full cooperation.

Below are all required rules to be followed to make not only your trip to Heerenveen safe and healthy, but also your stay and the competition successful.

If you have any questions, please ask your questions during the digital Team Leaders meeting on Monday 30th November at 20.00. (you will be sent the link to take part in the Team Leaders meeting).

Confidentiality will prevail at all times.

CONTACT INFORMATION

Dutch Skating Federation (KNSB)

Corona Manager:

Wilf O'Reilly

Mobile: +31 6 1188 6050

Project Manager:

Sandra Vrakking

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Email: s.vrakking@knsb.nl

KNSB OC address

Email: wedstrijdorganisatie@knsb.nl

Venue

Thialf

Pim Mulierlaan 1

8443 DA Heerenveen

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

Communication:

For all communication concerning the competition we use the "Sportity" app.

You can download the "Sportity" app in your app store on your mobile device. After downloading you will have the option to add a channel. Submit the following password to gain access to the channel regarding the information for this tournament:

Password : SHORTTRACK2020

Please allow push notifications of the app to keep informed of all communication regarding the Invitation Cup.

Please share this information with your skaters.

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1. COVID-19 measures

This is subject to Government restrictions at the time of publication:

Common rules:

- **It is MANDATORY during the duration of your stay in The Netherlands to stay between the official hotel and ice rink. DO NOT GO to the shop's in the local area.**
- Training will be provided only on Wednesday and Thursday and can only be requested through the OC. We ask you to provide a **negative** COVID-19 PCR test (in English) NOT older than 48 hours prior to your arrival on Tuesday 1 December 2020.
- Keep 1,5-meter distance from each other, except athletes when they are on the ice.
- Don't come to the competition if you have health issues, even as small as a sore throat or nose cold.
- Please cough and sneeze in your elbow, not your hands.
- 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. Solely the use of a face shield is not sufficient.

Departmentalization of Your Team: (Making sub-teams)

To further reduce the risk of spreading infection within your own team and in the event of a positive test, our Medical/Legal Panel suggests you make subgroups reducing the possibility of coming into contact with all team members. If your team wishes to take this extra precaution, you are required to do the following:

- a. Book single room in the hotel
- b. Make smaller groups sizes for all your training times, meals times and traveling.
- c. Provide the organizing committee with a list **latest Friday 27 November** so that we know the list of names which make up the sub-team.

The medical/Legal Panel will review every situation and act accordingly.

Pre-Competition Covid-19 Test in NL:

We ask you to send an English copy to the KNSB of the negative COVID-19 PCR test, done in your country that is not older than 48 hrs before arrival in The Netherlands) to wedstrijdorganisatie@knsb.nl. These tests need to be in our possession before the team's arrival in The Netherlands.

Should any member of your team traveling to Holland previously have had a positive Covid-19 test, the following additional information will be required:

1. Your team doctor declares in writing stating the date when that person(s) tested positive. (and was sick)
2. This person(s) will be required to have a PCR Test in the Netherlands. If the result is positive the Medical/Legal Panel will take the following into consideration:
 - a. The CT value of the test.
 - b. The declaration of the team doctor.
 - c. The Covid-19 health questionnaire that has been filled out during 5 days before the 1st competition day. (Please START using the included Health Questionnaire from the 29th Nov).

Based on these main factors (and on additional circumstances if any) the Medical/Legal Panel will make their decision whether this person (and his/her close contacts) can compete or will be required to go into quarantine.

We will test every Team Skater & Team Staff member prior to the start of the competition. 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 2 December between 8 and 11 hrs AM, in the assigned time slots. Please bring your passport with you to confirm your identity.

In order to get a valid result please don't consume chocolate, sports drinks, menthol chewing gum or mouth wash half an hour before the test.

The costs of this test will be at the expenses of the participating teams and will be invoiced. (€ 65,- per person).

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

Preliminary time slots (final schedule will be published in the coaches app and on Sportity):

08.30 hrs	Team The Netherlands (KTT, NTS, 1 LAT, 1 ISR, 2 BEL)
09.15 hrs	Team France
10.00 hrs	Team Belgium

After taking the test the team leader has to be contactable by phone on Thursday 3 December between 13-14 hrs to confirm that your whole team plus support staff all have a negative Covid-19 test result.

In the event of a team member(s) or a team official(s) has any 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 remain in their room. If there are no symptoms such as fever, coughing or shortness of breath other team members are free to move, but only depending on the judgment of the medical/legal Panel. Your team will be instructed according.

- a. Negative test:** This person is free to leave the quarantine, but only based on the judgement of the Medical/legal panel 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. Depending on the judgement of the medical/legal Panel, there is a possibility the rest of the team will also need to go into quarantine. Subject to NHA approval the team in question will be allowed to travel home.

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 "Short Track" entrance (next to 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 and be accompanied by a chaperone. 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 sessions with other countries. The chaperone will stay with you during the entire training session. If you need to use the toilet, please only use the assigned toilets.

Arrival at the ice rink for competition: (Friday morning 4 December until Sunday morning 6 December)

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

In order to receive your accreditation, transponders and helmet covers, you will need to have checked the following boxes:

1. We need to have received your negative PCR test result, before your arrival, not older than 48 hrs.
2. You need to have tested negative in the test of Wednesday 2 December.
3. A 5 day health questionnaire needs to be handed in on the 1st competition day, per person.
4. When coming into that entrance you will be asked to do a health check: <https://webshop.thialf.nl/HealthCheck/index.php?taal=ENG>. (you can already do the check 24 hours before arrival).
5. A temperature check 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, you have to go back to the hotel and take a Corona test as mentioned above.

To avoid crowds when registering we will work with the following time slots for teams' health checks in Thialf: These are preliminary time slots, final time slots will be communicated through the coaches app group:

Friday and Saturday: start warming up estimated 12.00 hrs

Sunday: start warming up estimated 11.00 hrs

If it gets too crowded in the hall, you will be asked to wait outside.

Team Area:

We have assigned a designated team area per country on the 1st floor (follow signs "Team Area"). There you find enough seats (1,5m apart from each other) and per country 2 spinning bikes. This is where you will be staying during the competition. Stands are closed.

Dressing rooms on the ground floor are opened only to change clothes before or after a race. These dressing rooms are also used as physiotherapy rooms. It is not permitted to stay there when you are not preparing for a race. The dressing rooms will be supervised to avoid a busy setting.

During warm up your mouth mask may be removed. Only biking is allowed in Thialf. If you want to run, please go outside.

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

Ice rink use:

When you are out of the competition for that day we will ask you to go back to the hotel. 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 but are still active in the rest of the day, we ask you to go to the designated team area (follow the signs "Team Area").

The Team Area will be your main place to stay and keep your belongings and equipment.

Again: The dressing rooms on the ground floor are purely meant to change before a heat. Physiotherapists can also set up their table in the dressing room.

Heat box use:

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

Please respect the distance of 1,5 meters towards the heat box steward. Please follow his directions and wait for his signal before you enter the ice.

Lunch/Catering:

Lunch packages will be arranged and handed out per team before the start of the competition.

You may take your lunch package to the Team Area, 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 near the Team Area.

Materials:

In the Team Area there will be enough space to work on your skates.

Relay bibs:

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

Award Ceremony:

Awards will be given to the first placed team only for an overall classification (see separate communication explaining points system). One skater of the winning 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 podium. The ceremony will take place on the field of play (off-ice).

Forms and Results:

Start lists and results will only be digital through www.shorttrackonline.info and tablets. We will not use printed paper for the races or results.

All the other necessary paper forms will be made available (relay & mixed relay, medical withdrawal forms etc.). The Competitor steward will inform you about the time they have to be submitted. They can be submitted in a box near the Team area, to avoid direct contact with the Competitor Steward.

Important:

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.

2.ACCREDITATION AND HELMET COVERS

All staff members will receive an accreditation.

Per skater starting in a heat only 2 staff members are allowed on the Field of play.

They have designated spots in the Coaches box and 1 spot behind the coaches box.

It is not allowed to stay anywhere else on the Field of play.

As soon as your skater is finished, we ask you the return to the Team Area.

The medical staff members have no designated spot for medical staff next to the rink.

For video staff members a spot has been created on the opposite side of the heat box.

The rest of the staff will remain in the team area.

Helmet covers

These will be provided to the team leader at the 1st days' 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 Wednesday 2nd and Thursday 3rd December 2020

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 sessions. 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.TEAM LEADERS MEETING

The team leaders meeting will take place on **Monday 30 November at 20.00 hrs** through a Microsoft Teams session. *Please let us know the email address of your coach that wants to take part (wedstrijdorganisatie@knsb.nl)*, 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

(wedstrijdorganisatie@knsb.nl). Please use this app group only in case of emergencies.

5.HOTELS

Hotel de Heidehof is the official hotel

Address:

Golflaan 1

8445 SR Heerenveen

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

6. FOOD & DRINKS:

The hotel rooms have to be 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. It is your own responsibility to communicate this to the hotel.

Saturday and Sunday

Lunch packages will be served only at the ice rink from 11.00 – 13.00 hrs on Friday + Saturday and 10.00 – 12.00 hrs on Sunday, near the Team Area. We use lunch vouchers, which you will receive on the 1st day. Please keep them safe, we don't hand out spare ones.

Coffee and tea for staff members is available near the Team Area.
Water and fruit will be supplied during all competition days.

Please contact the hotel reception about the exact dinner times. We request you to NOT eat with your whole team at the same time. You might have to book a time slot because of the corona measures.

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.

We ask you not to use public transport.

9. DRESSING ROOMS

On the designated dressing rooms there will be signage with the name of your country. These dressing rooms are used to change before a heat only and used as a treatment room for the physiotherapist.

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/>.