



# IWUF

INTERNATIONAL WUSHU FEDERATION

# COVID-19

## IWUF GUIDELINES AND RECOMMENDATIONS

*Approved by IWUF Medical Committee*

International Wushu Federation

Nov. 2020

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## 1. INTRODUCTION

The following guidelines have been issued by the International Wushu Federation (IWUF) using the scientific knowledge available at the moment (as for 18 September 2020), after review by the IWUF Medical Committee, and IWUF and Organizing Committees. It is important to bear in mind that all sport and recreation resumption decisions must be based on State and Territory COVID-19 public health advice, and thus, these guidelines shall be applicable for the Wushu events as minimum requirements only after their approval by the pertinent local authorities.

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

Within these guidelines you will find points that may be applied to any event taking place immediately after a ban on mass-participation events is lifted, and as long as it is deemed appropriate by the Local Organizing Committee (LOC) and the local authorities.

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

## 2. GENERAL CONSIDERATIONS

The COVID-19 pandemic has forced significant changes in the whole world and, of course, also in the world of sports. The transition period following the outbreak will be long and the organizers of sports events will be asked to implement all possible measures for respecting the social distancing and hygiene requirements. The organizing committees of any event must build a relationship with the local authorities based on trust to decide that it is safe to hold the sports event.

IWUF needs to look for ways of conducting competitions in the safest possible way for the participants, the technicians, coaches, referees, organizing committee staff and volunteers, and also the spectators. We will need to adapt to new ideas -that hopefully will be only temporary ones- that should be shared among the entire Wushu family for everyone's benefit.

IWUF is following all the recommendations from WHO/IOC and wants to offer full respect and support to the Local Organizing Committees and host countries to make sport Wushu events both feasible and safe.

The IOC has advised that during the evolving COVID-19 outbreak, effective protection of the health and safety of athletes must remain a priority. Under the IOC regulations, event organizers must ensure all athletes are covered by adequate measures to protect their health and that they have access to prompt medical care while participating in the event.

Event organizers must put in place preventive measures to stop the transmission of infection and put in place mitigation measures to minimize the risk of infection. Event

organizers must ensure that any athlete or participant in an event on their territory who needs immediate medical care is given access to medical facilities.

### 3. INDIVIDUAL RESPONSIBILITY

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

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

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

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

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

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

An event is considered a “**Mass Gathering**” if the number of people it brings together is so large that it has the potential to strain the planning and response resources of the health system in the community where it takes place. Following this definition, high level international sporting events such as the World Cups, World Championships and other major international sport events (including, of course, Wushu World and Continental Championships), and count as Mass Gatherings (MG). However, lower-profile Wushu events can also meet WHO's definition of a mass gathering.

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

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

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

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

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

All above documents are available on WHO website.

## **5. PARTICIPANTS’ HEALTH SCREENING (ATHLETES, COACHES, OFFICIALS, LOC STAFF AND MEDIA)**

Athletes participating in a Wushu event must monitor their health status continuously (including taking their temperature and monitoring for any symptoms) from 14 days before their arrival and also during the event.

For delegations traveling with their own doctors and medical staff, the Team medical staff present at a International Wushu Federation event must monitor the health status of their athletes/officials daily, and present the report to the event medical staff before the athletes or members of the delegation are allowed to enter the sports hall. Pre-Travel and Pre-Event Health Checks for all incoming athletes and LOC staff are highly encouraged to ensure exclusion of those with potential additional risks (comorbidities, medications).

The possible requirement of a participant’s Pre-Travel Medical Certificate is linked to the rules of the National/Territorial health authorities of the host country to determine any necessary medical or health documentation for athletes and the results of the WHO Sport Event’s Risk Assessment. This is something that needs to be determined by the

local health authorities or IWUF/National/Territorial Wushu Federation. For the International/National/Territorial Wushu Federation events, this information will be clearly mentioned on the event's website.

If a Pre-Travel Medical Certificate is required by the local health authorities or IWUF/National/Territorial Federation for an athlete registered to participate, the medical certificate must be issued in English by the National/Territorial Federations' medical staff or a personal doctor and submitted to the Tournament Chief Doctor (TChD, from the LOC) with copy to the International Wushu Federation Headquarters and Medical Committee Chairman (MCCh).

- The certificate must declare that the athlete has been examined and he/she has not tested positive to PCR nasopharyngeal swab test and/or is not in quarantine and has been without any COVID-19 symptoms for the previous 14 days;
- The certificate must be signed by a doctor and the athlete and should be produced between 48 and 72 hours before the athletes' travel day to the event;
- In case of previous positive PCR nasopharyngeal test, the athlete must provide a new negative PCR test;
- Results from serological tests to detect the antibodies must not be used as the sole basis to diagnose or to exclude COVID-19 infection, but waiting for their validation can be added to the medical certificate and the above requests;
- In cases where this certificate is not provided, the athlete will not be allowed to compete.

IWUF strongly recommends that all athletes, coaches, officials, LOC staff and all accredited media in an event should fill in a Pre-Event Health Questionnaire upon arrival to the venue combined with the measurement of oxygen saturation levels, a temperature check on a daily basis (a saturation level lower than 95% and a temperature above 38°C should be reported to the TChD, IWUF MCCh) and eventually a Pre-Event Health Check. The implementation of such procedures must be agreed by the local health authorities and shall be performed either by the designated event medical staff, or by the Team medical staff and presented to the event medical staff before the athletes/officials or members of the delegation are allowed into the sports hall. The LOC medical team will be responsible for establishing this process.

The purpose of this process is to identify incoming event participants who may need to have their participation deferred or may be tested on-site and to ensure proper case management by competent authorities, to reduce risks both for the ill person and to the community.

The daily health screening of the athletes and the officials must take place in a different location to the rest of the groups (i.e.: VIP, spectators, food trucks and shop staff, etc.). Each accreditation card must be validated on a daily basis following the health screening. The Pre-Event Health Questionnaire can be found in Appendix 2.

## **6. USE OF MASK/MOUTH-NOSE FACE COVERING AND RUBBER/ DISPOSABLE GLOVES, AND MAINTENANCE OF PROTECTIONS**

IWUF strongly recommends the use of masks/mouth-nose-face covering and frequent hand washing or sanitizing; rubber/disposable gloves by volunteers, officials and other

accredited persons that are in contact with athletes (e.g. registration, food trucks or refresh areas, hotels, etc.), if worn, should be treated as the own skin, and washed or sanitized frequently.

Athletes should wear masks/mouth-nose face covering and keep appropriate social distance and hand washing during any non-competition activity, even while into the sports hall. **(Please be reminded that even while wearing rubber/disposable gloves and masks/mouth-nose face covering you still need to disinfect and keep social distance.)** The LOC must communicate to everyone the proper use of masks/mouth-nose face covering and rubber/disposable gloves.

The LOC is only responsible for providing masks/mouth-nose face covering and rubber/ disposable gloves to its volunteers and staff along with a contingency amount for medical needs. All other accredited clients must bring their own equipment.

The local authorities and/or IWUF/National/Territorial Federation may impose mandatory use of rubber/disposable gloves and masks/mouth-nose face covering in specific events. Hand and leg/foot protections shall be disinfected, with a product with viricidal effect that is nontoxic for humans, immediately before each fight, with enough time to allow them to dry before the start of the fight.

## **7. MEDICAL PROVISIONS AND RECOMMENDATIONS TO THE EVENT ORGANISERS**

Soap and water or alcohol-based hand sanitizers and tissues should be accessible in all common areas and especially in the warm-up and medical treatment areas.

Availability of masks/mouth-nose face covering for anyone who has cold-like symptoms. Recommend that towels are for single use only, and kept in the athlete's bag when not in use.

Ensure availability of thermometers (e.g. infrared) to check all accredited person's temperatures.

Organizers need to consider, with the local health authority, how and where participants presenting with COVID-19- like symptoms will be tested. This will also require prior agreement on specimen transport (or participant transport to testing facility).

Isolate persons who become ill -or are suspected to be ill- while at the event. Determine with the local health authorities where an individual diagnosed with COVID-19 will be cared for and isolated.

Establish isolation room in on-site medical treatment clinics/facilities where such persons can be initially assessed, and triage should be considered. The isolation area should be equipped with the necessary supplies to facilitate hand hygiene and respiratory etiquette.

The medical staff attending persons who are ill should wear a mask, gown, goggles and rubber/disposable gloves, and dispose of them immediately after contact and cleanse thoroughly afterwards.



Increase medical personnel on-site including designated medical providers who are able to triage and refer suspected cases for COVID-19 testing.

Determine how all involved parties will be notified of a case and COVID 19 situation. Define a place where a large number of people could be quarantined if necessary. Predetermine emergency contacts with local authorities.

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

## **8. RISK COMMUNICATION AND AWARENESS**

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

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

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

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

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

## **9. PARTICIPANTS' CONDUCT**

The following measures are recommended to be in place:

- Daily health screening of participants when accessing the competition venue.

The organizing staff and the officiating Referees will have to arrive at the venue in advance in order to pass the necessary standard security check, as well as a health screening, before the first competition category starts.

The health screening will consist of temperature check of each accredited person allowed access to the venue and a health questionnaire will be filled in by the LOC medical team, with the support of the IWUF Medical Commission.



The athletes will reach the venue in separate groups, according to the competition categories that will take place in the different timings scheduled by the IWUF. Upon arrival, each category will have to pass the above-mentioned health screening. The first group of arrival at the venue will be the biggest one and all doctors involved in the competition will be at disposal for the required health screenings. For the arrival of athletes and other accredited persons to the venue throughout the day at least two doctors (not involved in the competition itself) will be designated by the LOC to perform the health screenings for access to the venue.

- Physical (at least 2 meters) separation of athletes, officials, spectators and support staff. Spectators should follow the social distancing rules that are requested by the public health authorities of the specific country where the event is taking place.
- Athletes should wear masks/mouth-nose face covering and maintain frequent hand washing or sanitizing, even if wearing rubber/disposable gloves during any non-competition activity. **(Please be reminded that even while wearing rubber/disposable gloves and masks/mouth-nose face covering you still need to disinfect and keep social distance.)** The LOC must communicate to everyone the proper use of masks/mouth-nose face covering and rubber/disposable gloves. More information can be found in Appendix 1)
- Sharing of equipment should be prohibited, in particular regarding water bottles and cups.
- **Anyone due to participate in the event who is feeling ill should not come to the venue** and notify the designated contact online or by telephone.
- Everyone is briefed on the protocols, for suspected and confirmed patients, for infection prevention and control measures and on where to find more information.
- Detailed contact details of each participant must be available to the organizing committee.
- Inform everyone involved with the event over 65 years old and any person with compromised health conditions of the greatest possibility for serious consequences in case of contamination and recommending them to take greater preventive measures or even not-participating.

## 10. VENUE FACILITIES

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

At the entrance of each tent, room, athlete's or officials resting rooms, VIP, media, warm-up or competition areas, alcohol-based hand sanitizers must be available.

Provide disinfectant wipes and advise venue cleaning staff to disinfect door handles, toilet handles, bathroom faucet handles, etc. in all areas several times per day.

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

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

## **11. ACCREDITATION**

Restrict the number of people inside an accredited area. Those with access must be limited to the absolute minimum and social distancing in relation to available venue area space must be considered when determining the numbers.

Only one coach per competition category (i.e.: male or female, seniors, juniors) and one medical doctor plus one physiotherapist per NF will be accredited to all IWUF events. The maximum quota of coaches allocated to the delegations as per the IWUF Organizing Rules shall always be respected.

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

In case that accredited persons are not following the established prevention procedures around the COVID-19, their accreditation card will be removed and will be asked to leave the venue.

Any participant that doesn't comply with the established prevention procedures around the COVID-19 will not be allowed to participate in the event and will be asked to leave the venue.

## **12. SOCIAL ACTIVITIES**

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

## **13. STAFFING**

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

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

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

## **14. SPECTATORS' FLOWS IN VENUE AREAS (CONTROLLED ACCESSED AREAS)**

All the flows within the venue must be one-directional. Spectators are advised not to stop in narrow sections of the corridors.

## **15. MEDIA SERVICES**

Accredited media representatives must be limited, taking into account social distancing and the available space.

The media center must be prepared with at least 2 meters between each seat/working place and each row of seats.

The wearing of masks/mouth-nose face covering and rubber/disposable gloves when interacting with people is strongly recommended to be enforced.

If there is a photo stand, or during Medal presentation ceremonies, a distance of 2 meters must be kept between the photographers not wearing face masks and all available positions must be pre-marked.

The media representatives must go through the same health screening process as the rest of the accredited groups.

## **16. TECHNICAL OFFICIAL/INTERNATIONAL WUSHU FEDERATION SERVICES**

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

Accommodation arrangements should consider the social distance and IWUF, in contact with the LOC and host country, will prefer arranging single occupancy where possible.

## **17. ATHLETES' SERVICES**

### **a. GENERAL**

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

### **b. AIRPORT TRANSFERS**

The LOC must plan to minimize the mixing of delegations during airport transfers. If not possible, there should always be empty seats between the different delegations. It is strongly recommended for the delegations to send only the necessary support staff and try to reduce its size to the absolute minimum.

### **c. TRANSFERS TO THE VENUE**

The LOC will provide all those accredited persons with transport from the official hotels to the competition venue.

The total occupancy of the buses will be limited, and a safety distance will be maintained occupying only one seat out of two of each vehicle. The use of mask/mouth-nose face covering is mandatory inside the buses for all.

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

There will be a staggered bus Schedule, according to each competition category.

All safety and sanitary measures must be followed, including hand washing, safety distance, cleaning of the competition equipment, bags, etc. The transport of athletes and teams will follow strict schedules, in order to avoid great crowds in the warm-up and competition areas. The staggered arrival to the venue will also allow the health screening of all those involved in competition.

#### **d. TRAINING FACILITIES**

Taolu carpet, Sanda platform or gym training sessions may be provided, always with advanced booking, as long as the use of the facilities is allowed by the public authorities, and the surfaces, etc. are thoroughly cleaned with disinfectants with viricidal effect before a new delegation enters the facility.

Social distancing must be respected during the use of these facilities, especially to avoid group interaction when a delegation is going out and another one is going into the facility.

### **18. ATHLETES' AND COACHES' BRIEFINGS IN INTERNATIONAL WUSHU FEDERATION EVENTS**

All coaches' briefings shall be conducted on-line, if technically feasible, for International Wushu Federation events.

The athletes' briefing is not mandatory for any athletes.

All tournament information must be provided to the athletes online, through the event and IWUF website.

Specifically, for the top-level (i.e.: Continental or World Championships) IWUF events:

- An online briefing must be organized (on the Zoom or similar platforms) at a time and date decided by the IWUF.
- The attendees will be view-only and watch the presentation, and they will have the opportunity to make questions or ask for explanations by the online Q&A feature.
- The presenters from the different IWUF Commissions shall be available for any clarifications during the course.

### **19. WEIGH-IN ZONE IN/OUT**

The officials and volunteers involved in the process shall wear masks/mouth-nose face covering. Athletes shall also wear masks/mouth-nose face covering during the weigh-in process. Social distancing inside the weigh-in area shall be respected.

All processes must be simplified and kept to the minimum with the goal the athletes are spending as little time as possible at the venue, and there is as little people accumulation as possible.

The IWUF and the LOC must establish check-in times for weigh-in in specific time slots according to the order of competition and the number of entries. The time slots must be calculated according to the size of the weigh-in area, the number of electronic scales, the number of athletes and the number of officials involved. The number of athletes accessing the weigh-in area will not exceed 10 persons and will follow strict order by category and country in alphabetical order.

The weigh-in area shall be wide enough and have two separate doors, one as entrance and the other one as exit, to avoid the cross-over of incoming and outgoing athletes.

The distance of 2 m between athletes must be respected inside the weigh-in area at all times, but also at the waiting area outside the weigh-in zone. In the weigh-in area there will be up to 10 chairs for the athletes to leave their clothes. The weigh-in will be performed in underwear only and with the accreditation ready in the hand.

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

After each weigh-in group has finalized, the elements used in the weigh-in area will be sanitized. Alcohol-based hand sanitizers and tissues should be available at the entrance and exit doors of the weigh-in area.

## **20. COMPETITION**

### **a. WARM-UP AREA**

The warm-up area shall be of at least 9 m<sup>2</sup> per athlete (and coach).

If possible, the tatami will be identified by flipping pieces for alternate blue/red color of respectively 9 m<sup>2</sup>, in order 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.

Team physios and doctors will not be able to access the warm-up area and a separate room will be made available for those athletes needing treatment. No other athlete or coach, other than those involved in the competition area in the ongoing category will be allowed to access the warm-up area.

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

Inside the warm-up area everyone must wear the mask/mouth-nose face covering and keep social distance. Alcohol-based hand sanitizers and tissues should be available at the entrance and exit doors of the warm-up area.

Flow of athletes from the warm-up area to the competition area will be one-way only, with the relevant signage on the floor, indicating the right direction.

## **b. CHANGING ROOMS & TOILETS**

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

## **c. COMPETITION AREA**

The use of masks without valve is compulsory for all those involved in the competition, except for the athletes. Social distance has to be respected at all times.

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

The competition equipment of each athlete, headgear, gloves, chest protector, will be sanitized by a staff member before each bout, at the seat in the waiting area of each competition field.

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

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

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

## **21. MEDAL CEREMONIES**

FFP2 masks will be of compulsory use for the medal presenters at the medals' ceremonies. The medal presenters will receive one FFP2 mask beforehand.

## **22. MISCELLANEOUS**

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

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

Access will be granted by a QR code only to those areas intended for use of athletes and coaches, weigh-in, warm-up and competition.

A dedicated room will be available for physios and doctors, next to the warm-up area, with individual cabins that will be sanitized after each use by the local staff.

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

Each athlete will be entitled to one single coach in the warm-up and competition area, but no other accompanying persons are allowed.

## APPENDIX 1: RECOMMENDATIONS

The following recommendations have been issued by the INTERNATIONAL WUSHU FEDERATION (IWUF) using the scientific knowledge available at the moment (as for 18 September 2020) and following the guidelines of the World Health Organization (WHO), after review by the IWUF Medical Committee, and IWUF and Organizing Committees. These recommendations shall be applicable for the Wushu training only after their approval by the pertinent local authorities through the respective National/Territorial Federation or club.

### Health recommendations before arrival to the training venue

- Take a shower and wash the hair.
- Ensure that the equipment to be used for the training has been cleaned and/or sanitized adequately.
- Hand washing or sanitizing and use of toilets before the training.
- Use of masks/mouth-nose-face covering in public transport, if other forms of transport are not possible
- Use of masks/mouth-nose-face covering, according to the health measures in place.

### Sanitary recommendations in the training area

- Training room with external ventilation or alternatively an air renewal system.
- Prepare a space where the social distancing measures can be respected.
- Indicate through signage the areas recommended for social distancing between each practitioner.
- Health questionnaire to be filled in before granting access
- Temperature check of the practitioner before the training, restricting those persons having a temperature of 37°C or over.
- Alcohol-based hand sanitizers should be available for the practitioners
- Dedicated recipient for disposal of sanitary hygiene products
- Sanitizing of the area after each training

### Health recommendations for Taolu training



- Training shall take place whenever possible in turns, with an occupancy of maximum 50% of the total capacity of the sports or training hall.
- Use of masks/mouth-nose-face covering both for the trainer, as well as for the practitioners, whenever the training takes places inside. Should the training take place in an open outdoor space, this will not apply [this applies only in a transition period, as very soon overall recommendation for the use of masks/mouth-nose-face covering will not be in place for training]

## **Health recommendations for Sanda training**

- Training shall take place on a surface of at least 3m x 3m per practitioner
- Use of helmet with transparent mask and fixed surgical mask on the outside.
- In case of group training, do it in pairs with the same opponent throughout the entire training.

## **Strategize meal times**

- Staff serving meals should follow wushu's Food Service Worker Safety Information
- Stagger meal times to minimize the number of people dining inside at one time and keep people 6 feet apart.
- Don't intermix groups, and maintain a consistent set of participants that are dining at the same time each day whenever possible. These steps will help minimize transmission and also allow for swift contact tracing if needed.
- Clean and disinfect common surfaces between groups.
- If meals are typically served family-style, consider plating each meal to serve it so that multiple people are not using the same serving utensils (e.g., have staff serve food to participants).
- Weather permitting, serve meals outside or in alternative indoor areas.
- Minimize opportunities for mixing between groups
- Stagger arrival and/or dismissal times.
- Minimize crowding at drop-off and pick-up times. ▪ Designate times for families to come, consider staggering times if possible. ▪ Whenever possible, participant pick-up

and drop-off should occur outside. ▪ Add visual cues or barriers to direct traffic flow and distancing. ▪ Develop signage and processes to minimize interactions of families and participants.

- Consider dividing participant entry points rather than funneling all participants through the same entry space. These approaches can limit the amount of close contact between players in high-traffic situations and times.
- Wushu recognizes that busing times are often tightly scheduled. Consider making arrival schedule changes for players who walk or are dropped off by a parent or caregiver.

## **Prevention guidance for wushu's players**

- (for training, counselling) Pursue virtual group events, gatherings, or meetings, if possible, and promote social distancing of at least 6 feet between people if events are held. Limit group size following current state guidance.
- Nonessential visitors, volunteers, and activities involving external groups or organizations should be limited to the extent feasible. In the event external groups and partners participate in programming, they should receive guidance and training on how to implement programming safely.
- Pursue virtual activities and events in lieu of field trips, assemblies, and special performances, as possible.
- Avoid taking multiple groups to the bathrooms at once (e.g., avoid having all classes use the bathroom right after lunch or recess).
- Follow Wushu's guidance on playgrounds, youth sports, and reopening of swimming pools. ▪ Offer outdoor play in staggered shifts. If multiple groups are outside at the same time, they should have a minimum of 6 feet of open space between outdoor play areas or visit these areas in shifts so that they are not congregating. Always wash hands immediately after outdoor playtime. ▪ Keep groups together; maintain the same groups from day to day. This will help reduce potential exposures and may prevent an entire program from shutting down if exposure occurs.

## **Encourage and reinforce social norms and health etiquette**

- Promote materials and trainings to ensure that players, coach, managers, judges, staff, volunteers, and participants.

- Wash hands often with soap and water for at least 20 seconds, especially after having been in a public place or after blowing your nose, coughing, or sneezing. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Hand Hygiene.
- Always cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in the trash. If you don't have a tissue, cough or sneeze into your arm or elbow.
- Cover Your Cough.
- Ask staff, volunteers, and participants to wash hands upon arriving, before and after eating meals, before and after applying sunscreen, and when entering or leaving indoor spaces.
- Consider ways to reinforce good hand hygiene. For example, provide incentives for proper and thorough hand washing.
- Exercise caution if using shared public amenities like picnic tables and benches. Assume such equipment has not been cleaned.
- Have players, coach, managers, staff, volunteers, and participants wash hands or use hand sanitizer if they come into contact or use shared amenities.
- Have hand sanitizer and tissues readily available for use by players, coaches, managers, staff, volunteers, and participants.
- Ensure the availability of appropriate cleaning supplies for cleaning of high-touch surfaces.
- Educate staff, volunteers, and participants on the importance of avoiding touching their faces throughout the day, and washing their hands when they do.
- Ensure participants aren't sharing water bottles, food, or other items.
- Exercise caution when using drinking fountains.
- Think carefully about how drinking fountains are being used and how regularly they are being cleaned in making a decision to use them. Consider encouraging participants to use refillable water bottles to avoid direct contact with the fountain equipment.
- If you do use them, ensure there are hand hygiene products available right next to the drinking fountain and encourage users to perform hand hygiene before and after using one.
- For licensed child care centres, follow current licensing standards regarding the use of reusable water bottles or cups.
- Avoid using other players' phones, desks, offices, or other work tools or equipment.

- Consider engaging program participants in developing communications or creative strategies to limit the spread of COVID-19 (e.g., develop a competition around creating new greetings, providing alternatives to hugs ).
- Post posters, use social media, email communication, etc. around symptoms of COVID-19 and health etiquette expectations

## **Promote health checks**

- Promote social distancing and reduce congestion where players may be receiving first aid or other health-related care.
- Use the health services office for players, coach ,managers, judges, participants, staff, and volunteers with COVID-19 like symptoms or, if needed, create a satellite location for first aid or medication distribution.
- Consider using visual cues to demonstrate proper social distancing.
- Emphasize the importance of daily health checks.
- This includes screening for players ,coach, managers, judges, participants, staff, and volunteers to ensure those who develop symptoms are not attending.

## **Prevention guidance for players**

- Screening process for players
- Consider using a similar system to the employee screening checklist: Visitor and Employee Health Screening Checklist
- If it is not feasible to conduct health screening given the setting:
- Provide parent education about the importance of monitoring symptoms and staying home while ill through practices room applications and other room messaging.
- Ask about access to thermometers and consider implementing temperature checks for households that do not have one.
- Use existing outreach systems to provide text and email reminders to staff and families to check for symptoms of household/any others members in the morning and evening.
- Use exclusion guidance and isolate symptomatic staff and program participants.
- Follow exclusions guidance and ensure staff and participates stay home when sick: Decision government programs.
- Review sick policies to ensure they are supportive of players, participants and staff staying home when sick
- Have a plan if staff or participants get sick.

## **Prevention guidance for players promote a safe workplace for staff and volunteers**

- Hold staff and volunteer meetings virtually or in a large enough space to accommodate social distancing.

- Encourage non-essential planning and preparatory activities be conducted outside program facilities.
- Consider allowing players, staff and volunteers to use alternate spaces (e.g., telecommute) for awareness development program
- Conduct professional development virtually whenever possible.
- Ensure policies are supportive of players, coach, managers, judges, participants, staff, and volunteers
- Ensure practices room access to hand hygiene products (e.g., hand sanitizer, soap, tissues, disinfectant wipes).
- Ensure the availability of appropriate cleaning supplies (e.g., disinfectant wipes) for cleaning of high-touch surfaces.
- Have hand sanitizer and tissues readily available for use by player, coach, managers, judges, participants, staff, and volunteers throughout the room, stadium or building.
- Arrange classrooms to allow staff and volunteers to practice social distancing.
- To reduce transmission caused from virus-containing droplets (e.g., from talking, coughing, sneezing).
- Ensure daily cleaning of the program environment.
- Routine cleaning and disinfecting is key to maintaining a safe environment for staff, volunteers, and participants. Cleaning removes dirt and most germs and is usually done with soap and water. Disinfecting kills most germs, depending on the type of chemical, and only when the chemical product is used as directed on the label.
- Adapt practices to ensure high-touch surfaces sanitized.

**APPENDIX 2: PRE-EVENT HEALTH QUESTIONNAIRE**

**PRACTITIONER**

Name: .....

Club: .....

Date and time of the training: .....

Trainer: .....

Parental consent\*: .....

**PRACTITIONER & TRAINER**

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

**Symptoms**

- 1 Temperature of 37.5°C or more
- 2 Dry cough
- 3 Sore throat
- 4 Difficulty for breathing
- 5 Sudden diarrhea or vomiting
- 6 Sudden muscle or body aches
- 7 Fatigue without a known cause

YES NO

YES	NO

**TRAINER**

Do any of the below apply to you?

- 8 Have you or any family member met in the last month with a (presumable) COVID-19 patient or any person that has been in contact with a (presumable) COVID-19 patient?
- 9 Is anyone at your home in self-isolation or officially imposed isolation?
- 10 Is any of the members at your home at risk or fragile (> 70 years old, cardiac pathology or chronic obstructive pulmonary disease)?

YES NO

YES	NO

Hereby I confirm that:

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

.....  
Signature of trainer

.....  
Signature of athlete / parents / legal tutor

*\*Parental consent: father/mother or legal tutor authorized to sign a parental consent for the minor.*



**APPENDIX 3: WAIVER OF LIABILITIES**

<b>Federation:</b>		(Photo)
<b>Name of Participant:</b>		
<b>Name of Parent/Legal Guardian (if applicable):</b>		
<b>Date of Birth:</b>		
<b>Age:</b>		
<b>Nationality:</b>		
<b>Gender:</b>		
<b>Passport No.:</b>		
<b>Role :</b> <input type="checkbox"/> Athlete <input type="checkbox"/> Team Manager <input type="checkbox"/> Coach <input type="checkbox"/> Doctor <input type="checkbox"/> Observer		

I, \_\_\_\_\_ the undersigned, knowingly and without duress, do voluntarily submit my Entry to the \_\_\_\_\_ [Wushu Event]. In consideration of Federation of \_\_\_\_\_ [Wushu Organizations] accepting my application, I hereby assume all risk of physical, medical and mental injuries, disabilities and losses and any type of disease including COVID19 which may result from or in connection with my participation in the \_\_\_\_\_ [Wushu Event]. I do hereby release the IWUF, the Organizing Committee, its officers, agents, representatives, volunteers, and other related members from all claims, actions, suits, and controversies at law or in equity by reason of any matter, cause or thing whatsoever that I may sustain as a result of or in connection with my participation in the \_\_\_\_\_ [Wushu Event]. I fully understand that all medical attention or treatment afforded to me by the Organizing Committee its officers, representatives, volunteers, and all other related members will be of the first aid only, and hereby release the Organizing Committee its officers, representatives, volunteers, and all other related members from any liability for such aid. I understand it is my obligation to obtain medical coverage and follow carefully all COVID19 Guidelines.

I agree to abide by and follow the Rules established by the Organizing Committee, and I understand that my protest must be conducted in accordance with the rules of Arbitration.

I agree that my performance, attendance, and participation at the \_\_\_\_\_ [Wushu Event] may be filmed or otherwise recorded or released or telecast live. I consent to allow the Organizing Committee use of my name, address, voices, poses, pictures and biographical data concerning full or parts, in any form or language, with or without other material, throughout the world, without limitation, for television, radio, video, theatrical medium picture, or any other medium by any devices now known or hereafter devised and I do hereby Waive any compensation in regard thereof as well as any future rights to the aforementioned.

I have read and fully understand the waiver listed above.

Signature of Participant	Signature of Parent/Legal Guardian	Date

(Signature of Parent or Legal Guardian is required if participant is under 18 years old).



**国际武术联合会**

INTERNATIONAL WUSHU FEDERATION