



# EUROPEAN MIXED TEAM CHAMPIONSHIPS

## QUALIFICATION GROUP 6



SPAIN



SCOTLAND



UKRAINE



LATVIA



PORTUGAL

9 - 12  
DECEMBER  
2020

Badminton High Performance  
Sports Centre  
Caldas da Rainha, Portugal



## Safety guidelines and other information

[Updated 22 November]

# Safety guidelines

## European Mixed Team Championships – Qualification Group 6

This document has been drawn-up in order to prevent the spread of the COVID-19 virus during the tournament. This document is a non-exhaustive list and extra measures might have to be taken depending on the recommendation of the local authorities.

In general, COVID-19 is still part of our lives in Portugal and our organization is asked to implement various measures to comply with the requirements of social distance and hygiene. We would like to draw attention to several areas, where we safely implement different measures for participants at the European Mixed Team Championships – Qualification Group 6.

We follow all recommendations from the government, the Health Authorities and Badminton Europe for a safe event. For the Portuguese Badminton Federation, it is crucial that the general requirements and recommendations from the health authorities are always complied with.

The health authorities recommend that you consider and include the advices in everything you do, including badminton. During the outbreak of pneumonia by the new COVID-19 virus, the Portuguese government has been taking all necessary public health measures to protect the entire population. The analysis of the evolution of the outbreak is constant and implementation of new measures will be carried out whenever necessary.

General behaviour guidelines were enacted, in which all people must adopt the following rules:

1. Social distancing;
2. Frequent hand washing;
3. Mandatory use of mask;
4. Respiratory etiquette.

[Annex 1 and Annex2]

## Remember your individual responsibility

Please follow all guidelines regarding European Mixed Team Championships – Qualification Group 6. Signs will be erected. We all have a responsibility whether we are players, volunteers or employees. A responsible event means that each individual person takes joint responsibility for ensuring that their movements take place in a way that limit any spread of infection as much as possible, including ensuring a distance between people and that there is still a sharpened focus on hygiene in accordance with general guidelines of the authorities. You should avoid appearance if you have symptoms, and you should leave the activity if you get symptoms.

For Portuguese Badminton Federation, it is crucial that the general requirements and recommendations from the health authorities are complied with at all times:

- That you do not gather in larger groups during the event.
- That one must keep requirements for a distance of 1m at any given time.
- That one must have a strong focus on hand hygiene.
- That you limit or completely avoid physical contact.
- That you do not cough or sneeze on others.
- That you should go home if you are feeling ill - even with mild symptoms.

General advice for limiting the spread of infection in society and protecting risk groups:

- Wash your hands often or use hand sanitizer.
- Cough or sneeze into your sleeve.
- Avoid touching your face.
- Limit physical contact (social distance of 1 meter).
- Make sure to clean rooms etc. frequently and remember to ventilate rooms regularly.
- Elderly and chronically ill - keep your distance and ask others to pay attention.

The health authorities recommend that you consider the advice in everything you do, including badminton.

## Health measures in general

Special measures were adopted in some regions of Portugal considered to be at high risk. At the time Caldas da Rainha, the city where the event will take place, is not part of that list. However, in the next weeks, if this situation changes, you have to consider the following rules:

- Civic duty to stay home/hotel after 11 p.m.;
- Closing of shops until 10 p.m.;
- Restaurants with groups limited to 6 people and running until 10.30 p.m.;
- Restaurant establishments exclusive to home delivery services may close until 1 a.m.

Circulation will be allowed only in the following situations:

- acquisition of goods and services;
- performance of professional activities (sports included);
- health reasons;
- practice of physical activity in the open air;
- trips necessary to leave the national continental territory;
- other activities duly justified or authorized.

## **Transport:**

Air travel to and from Portugal is allowed for: European Union countries; Schengen Associated Countries - Liechtenstein, Norway, Iceland, Switzerland – and the United Kingdom; Australia, China (including Hong Kong and Macao), South Korea, Japan, New Zealand, Rwanda, Singapore, Thailand and Uruguay.

Travellers arriving from these countries do not need to present a COVID-19 test, however it is MANDATORY that anyone participating in the event is tested within the last 72 hours before travelling to the tournament's location.

The Portuguese airports (Lisboa, Porto, Faro, Ponta Delgada e Funchal) have implemented several initiatives in order to keep staff and passengers safer. A body temperature measurement system was implemented on arrival. Passengers will be requested to fill out a form from the Health Authorities - Passenger Locator Card -, that can be fulfilled online or will be provided by the Airline Company, during the flight. This information will be used to contact passengers, in case someone develops COVID-19 symptoms within the same flight.

More information at <https://www.ana.pt/en/passenger-guide/what-you-need-to-know/covid-19>

While travelling, all protection measures (face masks, social distancing, ...) must be respected.

Transport from/to airport/hotel: every team/official will be transported according to time of arrival/departure in bus or mini-bus and empty seats between each should be respected (exceptions are possible for athletes from the same team traveling together).

Transport from/to hotel/venue/hotel for every team/official should be booked with the organization by email or phone (Contacts pag. 7) in bus or mini-bus and empty seats between each should be respected (exceptions are possible for athletes from the same team traveling together).

## **At the Hotel:**

It is recommended that everyone should proactively and regularly check their health status (including taking their temperature and monitoring for any symptoms) before coming to the venue.

It is requested to not travel or move around if you feel unwell, fatigue, cold symptoms, fever, coughing, and in more severe cases shortness of breath which are COVID-19's most common symptoms. In case you have any of the above symptoms please directly inform the organisers and stay in your room.

Observe the rules of cough hygiene and regularly wash your hands with soap/warm water or hand disinfectant.

It is recommended that players, coaches and technical officials do not socialise and follow the principles of social distancing when possible.

It is MANDATORY that accommodation is booked in the official hotel.

## **At the venue**

It is required by the local health authorities that everybody should have their temperature checked upon arrival to the competition venue.

You have to keep a distance of at least 1m when communicating with each other in general, as an extra safety measure.

It is mandatory for all to wear face masks inside the venue (except for umpires during their match and for players during their warm-up or match).

Teams can have access to the competition venue for practice according to the schedule established. (For additional courts in the practice venue send an email to [events@fpbadminton.pt](mailto:events@fpbadminton.pt)) [Annex 3]

EMTCQ is run on 2 courts. There is a distance between the courts which will ensure a good distance between the players.

Around the court there is one Umpire, one Service Judge and 6 Line Judges and approved photographers.

Players and coaches should arrive to the venue maximum 1 hour before their match and go back to the hotel as soon as all their matches are over.

Players should arrive at the venue with their match outfit and personal equipment. No changing room or lockers should be used.

Players must use their hotel room to shower after the match.

Handshakes are prohibited.

One coach from each player/pair behind the A-boards are allowed.

Hand sanitizer is available throughout the venue so everybody can disinfect its hands when necessary.

Inside the Venue, all corridor-areas will be divided with one-way traffic, so that you can pass each other unhindered and without the accumulation of too many at the same time anywhere. [Annex 4]

Room for temporary isolation is available in case of person with suspicious symptoms.

Spectators are not allowed in the venue.

Players/coaches have their own dedicated space in the stands where it is possible to keep a 1 meter distance between everybody. [Annex 4]

Warm-up courts are available, a maximum of 4 players are allowed on each court and only players with upcoming matches are allowed to use them.

The Venue Restaurant and Cafeteria is set up to ensure social distancing while people are queuing or sitting down.

No player boxes will be used to avoid all players touching the same boxes, instead a zone will be taped on the floor, so their equipment is kept in a zone.

Maximum 1 person per country should attend the team manager's meeting unless absolutely necessary to send another staff, mainly for managers who may require interpreters/translators.

Posters with the recommendations for Covid-19 will be set up throughout the hall and stickers will also be put on the floors and corridors. Hand sanitizer will be available everywhere for general use.

The Restaurant at the venue will be open for meals (lunch and dinner) and it will work with a ticket system that can be purchased in advance at the cafeteria counter. The average price of the meals is € 12.50 (soup, meat or fish dish, dessert and drink). The official hotel doesn't have restaurant, teams can order meals through take-away services or go to the restaurants nearby in accordance with several rules of hygiene and social distancing.

### **Managing suspected COVID-19 cases**

The organization has an action plan according to the local health authorities in case someone at the tournament becomes ill with symptoms of COVID-19 (dry cough, fever, sore throat, shortness of breath etc).

- Room where someone who is feeling unwell or has symptoms can be safely isolated
- Plan so they can be safely transferred from there to a health facility

### **COVID-19 | Other Health Information**

If you experience symptoms like cough, fever or difficulty breathing, you should contact the Portuguese National Health Service via telephone number **(+351) 808 24 24 24** (SNS24).

According to Portuguese law, all foreign citizens have access to the National Health Service. However, there are specific procedures for access, considering the country of origin, whether it is a European Union country or a country that has a bilateral agreement with Portugal. More information at <http://www2.acss.min-saude.pt/Default.aspx?TabId=1180&language=en-US> (scroll down for English translation).

If you are a foreigner visitor and want to do the test for Covid-19 shortly after arrival, before departure or at any time in mainland Portugal, you can do it in one of the hospitals and clinics included in the Portugal Health Passport that can provide you personalized support in your language. The test for Covid-19 must be scheduled with a consultation and the results will be available in up to 72 hours. For more information about this subject you can send an email to [test.covid19@portugalhealthpassport.com](mailto:test.covid19@portugalhealthpassport.com).

In Caldas da Rainha it's possible to submit a request to schedule a COVID-19 test at Joaquim Chaves Saúde (5min away from the hotel; cost 101€) [https://www.jcs.pt/en/exames\\_covid](https://www.jcs.pt/en/exames_covid)

[Implemented measures during the outbreak of COVID-19 in Portugal \[Updated 13 November\]](#)

[Frequently Asked Questions](#)

[COVID-19 - Health Advice](#)

[Travel restrictions](#)

[Safety guidelines for BEC sanctioned tournaments](#)

**Portuguese Badminton Federation Organization contacts:**

**Email:** [events@fpbadminton.pt](mailto:events@fpbadminton.pt) / [geral@fpbadminton.pt](mailto:geral@fpbadminton.pt)

**Phone:** (+351) 262 839 020

**WhatsApp:** (+351) 914 361 074

COVID-19

# GENERAL MEASURES

## HAND HYGIENE

Wash your hands frequently with soap and water or use an alcohol-based solution



## RESPIRATORY ETIQUETTE

When coughing or sneezing, cover your mouth and nose with a tissue paper or your arm. Throw the tissue paper in the trash

## PHYSICAL DISTANCING

Keep the safety distance from other people of 1.5 - 2 meters



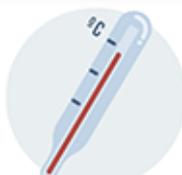
## MASK

In indoor public spaces use a mask according to the manufacturer's recommendations

IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS:



COUGH



FEVER



DIFFICULTY  
BREATHING

CALL  
SNS 24

808 24 24 24

**COVID-19**

## RESPIRATORY ETIQUETTE

### Why is it so important?

When you **cough, sneeze or speak, you release droplets or secretions** that can be breathed in by other people or deposited on surrounding objects and surfaces.



When coughing or sneezing, **cover your mouth and nose with a tissue or your arm**. Throw the tissue in the trash and wash your hands.



With respiratory etiquette measures you can **protect other people**.

### IF YOU EXPERIENCE SYMPTOMS

**CALL SNS 24** 

**808 24 24 24**

**Annex 3: Practice schedule**

December 8

Start	End	C1	C2	NS1	NS2
14:00	15:30	ESP	ESP		
15:30	17:00	LAT	LAT		
17:00	18:30	POR	POR		
18:30	20:00	UKR	UKR		

December 9

Start	End	C1	C2	NS1	NS2
14:00	15:00				
15:00	16:00	LAT	LAT		
16:00	17:00	POR	POR		
17:00	18:00	UKR	UKR		
18:00	19:00	ESP	ESP		
19:00	20:00	SCO	SCO		
20:00	21:00				

December 10

Start	End	C1	C2	NS1	NS2
14:00	15:00				
15:00	16:00				
16:00	17:00				
17:00	18:00				
18:00	19:00				
19:00	20:00				
20:00	21:00				

December 11

Start	End	C1	C2	NS1	NS2
14:00	15:00				
15:00	16:00	POR	POR		
16:00	17:00	UKR	UKR		
17:00	18:00	ESP	ESP		
18:00	19:00	SCO	SCO		
19:00	20:00	LAT	LAT		
20:00	21:00				



Ground Floor -1

