



XIII PORTUGUESE JUNIOR INTERNATIONAL 2021

TORNEIO INTERNACIONAL DE JUNIORES | BADMINTON

3>5

DECEMBER | DEZEMBRO



BADMINTON HIGH PERFORMANCE CENTRE
CAR BADMINTON | CALDAS DA RAINHA

**SAFETY GUIDELINES |
COVID-19 PROTOCOL**

[updated on 29/11/2021]



Safety guidelines November 29, 2021

XIII Portuguese Junior International 2021

This Covid-19 Safety guidelines is based on the information from the Portuguese authorities [Updated on november 26th. Situation of Calamity in force from December 1st] and 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.

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 XIII Portuguese Junior International 2021.

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 XIII Portuguese Junior International 2021. 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, you have to consider the following rules:

- The use of face masks is mandatory.
- Public transports without occupancy limit
- Taxis and similar passenger transports without occupancy limit.
- Restaurants with no maximum limit of people per group;
- End of requirement for digital certificate or negative test for access to restaurants;
- End of timetable restrictions;
- End of capacity limits, namely in local commerce establishments, in weddings and baptisms and in cultural shows;
- Opening of bars and clubs;
- End of limitation on the sale and consumption of alcohol.

- It is mandatory to present EU COVID Digital Certificate in:
 - Major cultural and sporting events
 - Bars and clubs;
 - Visits to health facilities;
 - Travel by air or sea

- **From December 1st**
 - Mandatory mask in closed spaces
 - General recommendation for regular testing
 - Mandatory digital vaccination certificate when accessing:
 - Restaurants
 - Tourist establishments and local accommodation
 - Events with marked places
 - Gyms
 - Mandatory negative test (even for vaccinated) when accessing:
 - Visits to homes and patients in health facilities
 - Large events without marked seats or in improvised venues and sports venues

Travel:

Currently, as defined by Order No. 11740-E / 2021, several restrictive measures of air traffic to and from mainland Portugal, are in force.

Therefore, the following air traffic is authorised:

Essential and non-essential travel is allowed from the following countries: Australia, Brazil, Canada, Chile, China, South Korea, Jordan, Kuwait, New Zealand, Qatar, Rwanda, Saudi Arabia, Singapore, Taiwan, Ukrain, United Arab Emirates, United Kingdom, United States, Uruguay, and special administrative regions of Hong Kong and Macao. An updated list of countries is available at <https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal>

Except for children of 12 years old and under, every passenger must submit a negative SARSCoV-2 lab testing of nucleic acid amplification test (NAAT) or rapid antigen test (TRAg), performed within 72 or 48 hours before boarding, respectively, or an EU Digital COVID Certificate.

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. <https://portugalcleanandsafe.pt/en/passenger-locator-card>

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

Please be aware that in case of a severe deterioration of the Covid-19 situation in Portugal, the event can still be suspended by authorities, which is why we urge you to book your flights with a full cancelation policy.

Attention! As of 1 December 2021, a negative test result will be mandatory for all passengers flying to Portugal, even if they are vaccinated.

Children under 12 years old are exempt from testing and quarantine requirements.

Insurance

It is recommended that all persons travelling to Portugal must have a policy (certificate) of insurance issued by an insurance company from their country or a foreign insurance company that has a representative office in Portugal or a contractual relationship with an insurance company - a partner on the territory of Portugal (assistance) - and covers the costs related to the treatment of Covid-19, observation, and is valid for the entire period of stay in Portugal. If you already have an insurance covering Covid-19, you will not need to get an additional one.

Covid-19 protocol

All participants must present RT-PCR Test (or similar NAAT test) - 72h prior to arriving to the tournament, or Rapid Antigen Test - 48h prior to arriving to the tournament, even for vaccinated people. Self-tests are not suitable for admission.

The proof of the negative Covid-19 test must be sent before arrival to events@fpbadminton.pt. In the subject of the email, you must mention country, name and role (athletes must add BWF ID).

For example: Portugal | Patrícia Rosa | Athlete BWF ID 99999

Without prove of negative test done prior to the beginning of the tournament XIII Portuguese Junior International 2021 you are not able to take part of the competition.

There will be no mandatory on-arrival test, quarantine and/or in-competition testing enforced on participants.

The organization can assist in getting a Covid-19 test before the tournament or returning back home. Please, keep in mind that you might need additional test in case you have a transfer of flight or any symptom.

There are several Labs in Caldas da Rainha where you can book your test from Monday (from 13h to 16h) to Friday (from 13h to 16h). [Annex3]

Price for Covid-19 tests: From 65€ to 101€

Everyone from the organization working at the venue has certification of vaccination or has been tested.

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).

Positive Covid-19 test on site

In case of a positive Covid-19 test, a second PCR test will be conducted as soon as possible to confirm the result.

A person who was tested positive (including a second confirmed test), will have to go into immediate isolation for 10 days.

This person will be placed in a single room at the hotel (if this was not already the case) and will not be allowed to leave the room or have anyone else entering the room.

Meals, towels, etc. will be delivered directly to the room.

In case further care is needed, this person will be transported to the hospital.

After 10 days, and only if the person was symptom free for at least the last 3 days, the isolation period will end and this person is free to travel home again. No further tests are required, unless needed to travel back home.

- 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

Transport

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: will be provided in bus or mini-bus and empty seats between each should be respected (exceptions are possible for athletes from the same team traveling together). A bus schedule will be made available at the hotel and venue and can be found here: <https://fpbadminton.pt/xiii-portuguese-junior-international-2021-bus-schedule-to-from-venue-hotel/>

Players and coaches should get the bus 1 hour before their match.

Hotel and the competition venue as the distance of 2,5km - 3km (20 min. walk).

Accommodation

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.

You are allowed to go to a walk outside of the hotel, but keeping a safe distance from as many peoples as possible.

You are allowed to go to stores and restaurants according to the "Clean & Safe" seal implemented by Turismo de Portugal, which allows the identification of establishments and services that have implemented enhanced hygiene and safety measures.

Players and coaches that didn't request accommodation in the official hotel should inform the organization of where they will be accommodated for health tracking reasons by email to events@fpbadminton.pt

Meals

The price of the accommodation is only with breakfast. The official hotels don't have restaurant, players/teams can order meals through take-away services or go to the restaurants nearby in accordance with several rules of hygiene and social distancing.

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 (Menu: soup, meat or fish, dessert and drink).

Practice

We will have 5 courts available in the main venue and 2 courts in the warm-up hall from practice Thursday, December 2nd, from 2pm to 9pm. Only the teams that send the practice form on time, and according to the schedule available will be able to practice. The teams with practice court will receive an email with the time for practice. Teams/players that not receive the email are not allowed to practice. Maximum 4 players by 1 court.

During the competition from December 3 do December 5 there will be no practice courts available. Only players who play in the according day will be able to enter the venue with their coaches / team manager. Athletes who do not comply with these rules will be asked to leave and return to the hotel. On the day of the competitions, athletes will be able to arrive 1 hour before the game and use the warm-up courts.

More guidelines:

You must bring your own shuttles to practice;

You must clean and leave nothing on the floor;

Schedule must be respected;

No changing rooms available in the venue. Please use your hotel to change/shower;

No transport available to/from hotel/venue for practice;

Mandatory to sanitize your hand entering/exiting the venue.

Gym

A gym is available next to the venue from 8am to 9pm from Monday to Friday and from 9am to 4pm on Saturday.

You should book by email time and day ginasio.car@fpbadminton.com

Price: 10€ / day

At the venue

Accreditations will be mandatory at all times during the event. You can collect the accreditation passes at the venue reception on the first day you have a game.

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).

Around the court there is one Umpire, one Service Judge and 3 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]

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

Spectators are allowed in the venue and should sit according to the plan according to the country [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 according to Portuguese health authorities.

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.

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

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.

[Implemented measures during the outbreak of COVID-19 in Portugal](#) [Updated on november 26th].

[Frequently Asked Questions](#)

[COVID-19 - Health Advice](#)

[Schedule and rules in state of Emergency](#)

[Travel restrictions](#)

[Travelling to Portugal for an International Competition](#)

[Safety guidelines for BEC sanctioned tournaments](#)

Portuguese Badminton Federation Organization contacts:

Email: events@fpbadminton.pt / 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 – Covid-19 Test Labs

Please, find below a list of the Labs where you can be tested:

JOAQUIM CHAVES

Phone: (00351) 214 124 300

Rua Fonte do Pinheiro 14, 2500-203 Caldas da Rainha

From Monday to Friday: 13:00 to 16: 00 | Saturdays, Sundays and holidays: Closed

Appointment Mandatory https://www.jcs.pt/en/exames_covid/horarios?clinic_id=16

Germano de Sousa

Phone: (00351) 800 210 133

Rua Vitorino Frois 37, 2500-256 Caldas da Rainha

From Monday to Friday: 14:00 to 18: 00 | Saturdays, Sundays and holidays: Closed

<https://www.germanodesousa.com/postos-de-colheita/centro-de-testes-covid19-de-caldas-da-rainha/>

Beatriz Godinho

Telephone: (00351) 262 845 294 | (00351) 244 830 460

Rua Vitorino Fróis, 68-C 2500-256 Caldas da Rainha

From Monday to Friday: 11:00 to 13: 00 | Saturdays: 11:00 to 13: 00 Sundays and holidays:

Closed

Appointment Mandatory

https://docs.google.com/forms/d/e/1FAIpQLSeD8urSggz56Nsf9WeXj4KXvnYpmlVth871uaz2y_dbs0di26A/viewform

Labovedras

Phone: (00351) 262 096 341 | (00351) 916 476 789

Rua da Liberdade, 11 2500-162 Caldas da Rainha

From Monday to Friday: 08:00 to 17: 00 | Saturdays, Sundays and holidays: Closed

Appointment Mandatory

<https://trevi-saude.pt/wpdemo/>

Lumilabo

Contacts: 800 200 978 | 217 210 480 | 918 613 588

Rua Filinto Elísio 2500-202 Caldas da Rainha

From Monday to Friday: 08:00 to 19:00 | Saturdays: 08:00 to 16:00 | Sundays and holidays:

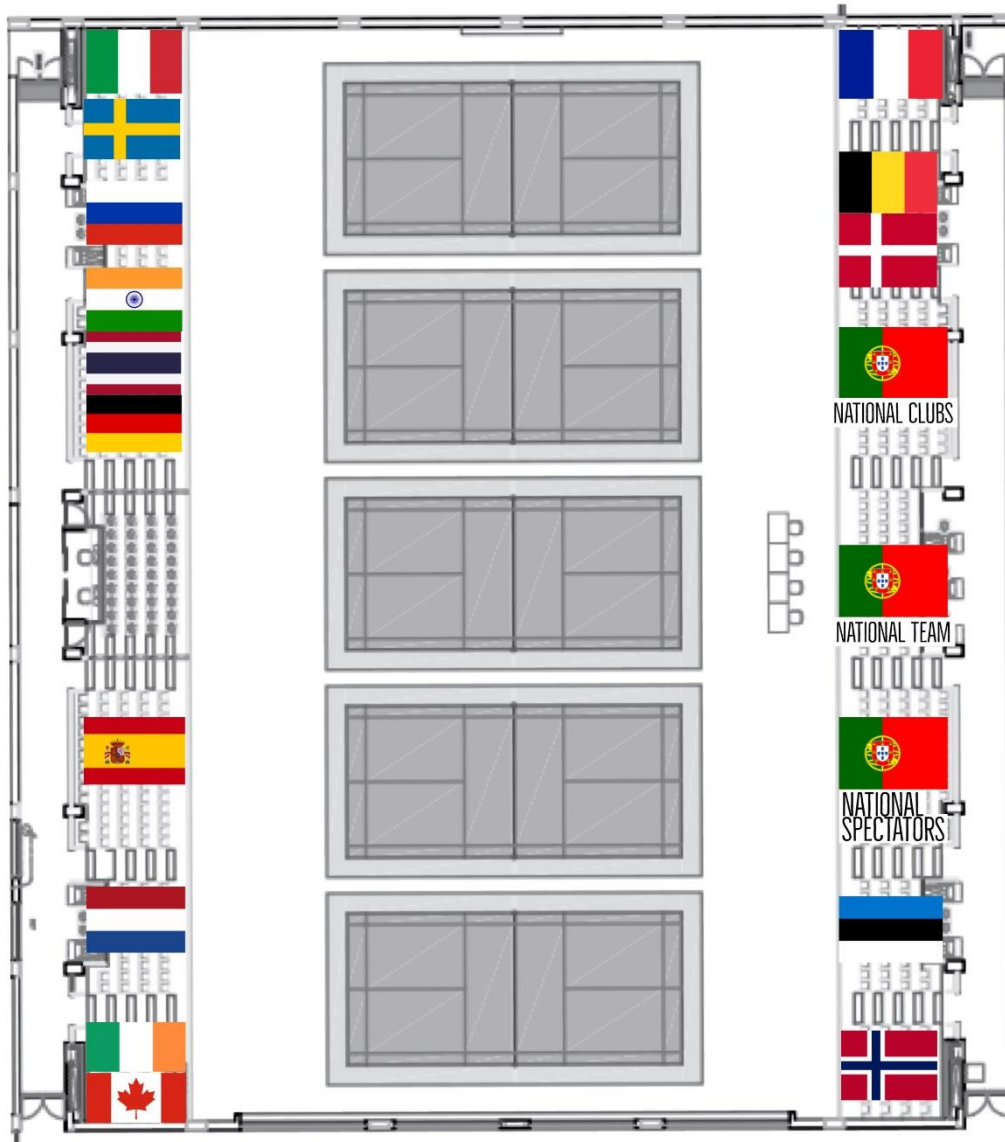
Closed

Appointment Mandatory

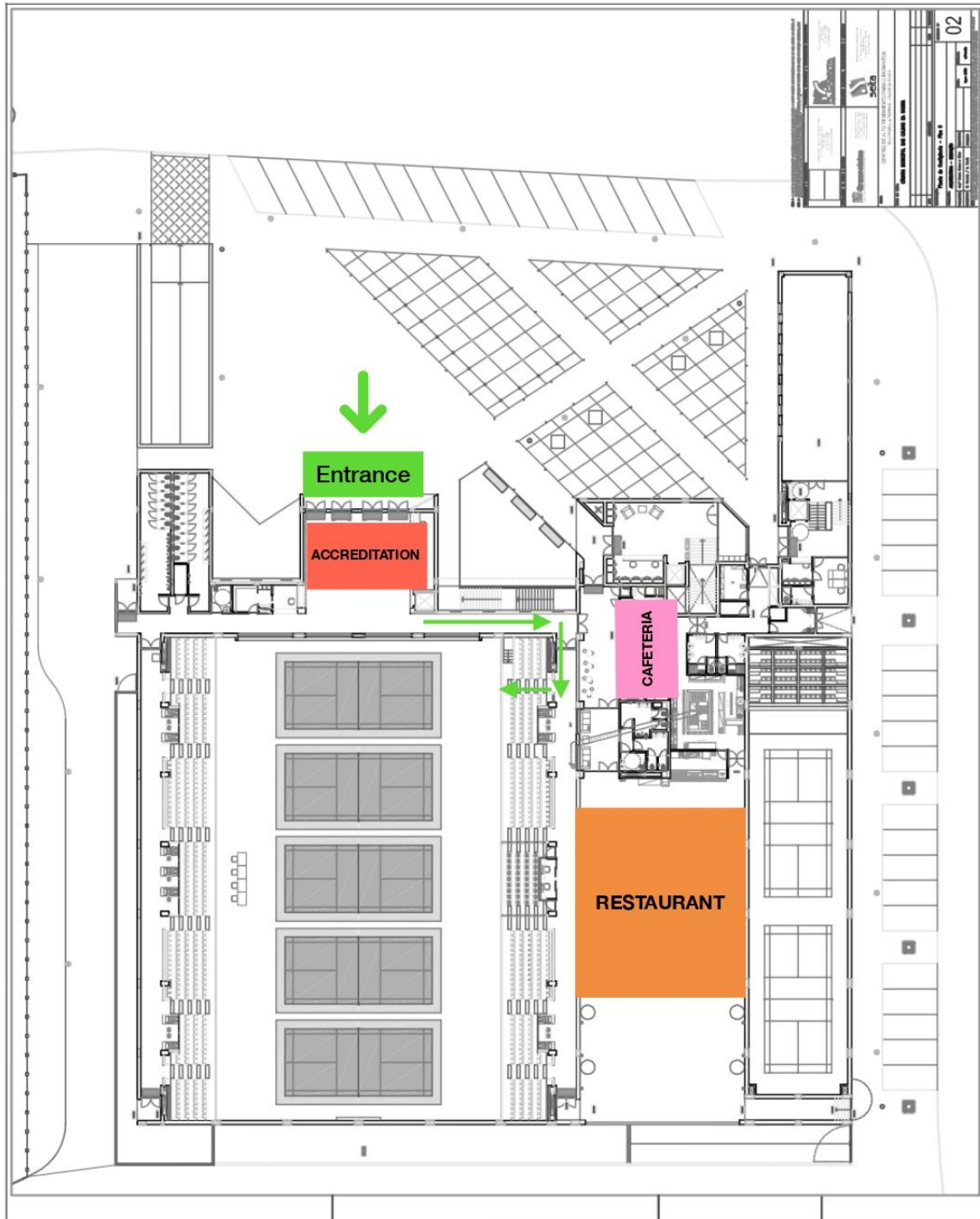
<https://lumilabo.pt/>

Annex 4 – Map of the venue

XIII PORTUGUESE JUNIOR INTERNATIONAL 2021 3 TO 5 DECEMBER



Main Floor 0



Ground Floor -1

