

**PORTUGAL
2021**

**56th
PORTUGUESE
INTERNATIONAL
BADMINTON
CHAMPIONSHIPS**

6th – 9th MAY
HIGH PERFORMANCE CENTRE
CALDAS DA RAINHA

**SAFETY GUIDELINES
COVID-19 PROTOCOL**

May 4, 2021



Safety guidelines **May 4,2021**

56 Portuguese International Championships (New dates)

This Covid-19 Safety guidelines is based on the information from the Portuguese authorities [Updated on May 3. Situation of Calamity in force until May 16] 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 56 Portuguese International Championships (New dates).

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 56 Portuguese International Championships (New dates). 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:

- Civic duty to stay home/hotel after 10.30 p.m.;
- Closing of shops until 10.30 p.m.;
- Restaurants with groups limited to 6 people and running until 10.30 p.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.

Travel:

As per the directive of the Portuguese Government (Despacho n.º 4473-A/2021, of April 30, 2021, effective - from 00h00, May 1 to May 16, 2021), entry into Portuguese territory is only authorized:

According to the Resolution of the Council of Ministers n.º. 45-C/2021, passengers travelling from countries with an incidence rate of Covid-19 equal to or greater than 500 cases per 100 thousand inhabitants (South Africa, Brazil, Cyprus, Croatia, France, India, Lithuania, Netherlands, Sweden) arriving to Portugal exclusively for the below mentioned sports activities of international professional competitions, are exempted from the mandatory prophylactic isolation, as long as the compliance of a set of proper measures for the maximum reducing of contagion risks is ensured, in particular avoiding non-sport contacts, and the compliance of rules and guidelines provided by the Directorate-General for Health.

<https://imigrante.sef.pt/en/covid-19/faqs/#1618586031718-7938a65c-9173> (updated May 1)

<https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal>

All passengers entering or transiting thru Portugal must present proof of laboratory testing (RT-PCR) for the screening of SARS-CoV-2, with a negative result, performed within 72 hours prior to the time of departure, or they will be denied boarding.

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

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

Insurance

Please be aware that **the event has received an exceptional status from the Portuguese authorities** but 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.

Invitation letter

It is recommended to all passengers from South Africa, Brazil, Cyprus, Croatia, France, India, Lithuania, Netherlands, Sweden or countries with an incidence rate for Covid-19 of 500 cases or above per 100 hundred thousand inhabitants to request an invitation letter confirming participation in the 56 Portuguese International Championships. As this might be asked when crossing the border to enter Portugal or to be allowed to travel outside your country. You can use [the visa form](#) with copy of passport and send it to events@fpbadminton.pt

Covid-19 testing protocol

All players, coaches, team manager and officials must present prove of negative PCR test done maximum 72h before the start of the competition. 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

A proof of a previous Covid-19 infection or a certificate of antibodies to Covid-19 does not exempt from presenting a proof of negative PCR test done maximum 72h before the competition.

Without prove of negative PCR test done maximum 72h before the 56 Portuguese International Championships you are not able to take part of the competition.

The organization can assist in getting a Covid-19 test before 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. The organization will work with Joaquim Chaves Lab for Individual PCR-tests at the venue Thursday (from 13h to 16h), Friday (from 13h to 16h) and Saturday (from 8h to 13h). [Annex3]

To submit your appointment request at the venue, please fill in the following information: <https://forms.gle/8KYG4n3TP4Hjn6bs6>

If you need to schedule your Covid-19 test in another day/time send an email to carolina.ribeiro@jcs.pt

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

In addition, everyone from the organization working at the venue will be 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.

If a player or a close contact of a player has a confirmed positive Covid-19 test, this player and his/her close contacts will be excluded from the competition.

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

Covid-19 testing protocol is updated according to Portuguese Government Order whose beginning was on May 1.

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/wp-content/uploads/04052021_BUS2021.pdf

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.

Opening of restaurants, cafés, and pastry shops until 10.30 p.m. Groups of 6 people are allowed inside or 10 people on terraces.

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).

Practice

We will have 5 courts available in the main venue and 2 courts in the warm-up hall from practice Wednesday, May 5, from 2pm to 10pm. 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 today, May 4, 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 May 6 to May 9 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.

Mandatory to sanitize your hand entering/exiting the venue.

Gym

A gym is available next to the venue from 8am to 9pm from Wednesday to 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.

Stringing will be provide at the venue and the payment have to be made in cash (15€). Rackets will be sanitized before picking up.

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).

Around the court there is one Umpire, one Service Judge and 4 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 - A map will be made available.]

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 - A map will be made available.]

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.

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 May 3. Situation of Calamity in force until May 16.]

[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

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

At the venue: Thursday (from 13h to 16h), Friday (from 13h to 16h) and Saturday (from 8h to 13h).

https://www.jcs.pt/en/exames_covid or send an email to carolina.ribeiro@jcs.pt

<https://forms.gle/8KYG4n3TP4Hjn6bs6> (for test at the venue)

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, Sundays and holidays: Closed

Appointment Mandatory

<https://www.beatrizgodinho.pt/marcacoes-39/>

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 Elisio 2500-202 Caldas da Rainha

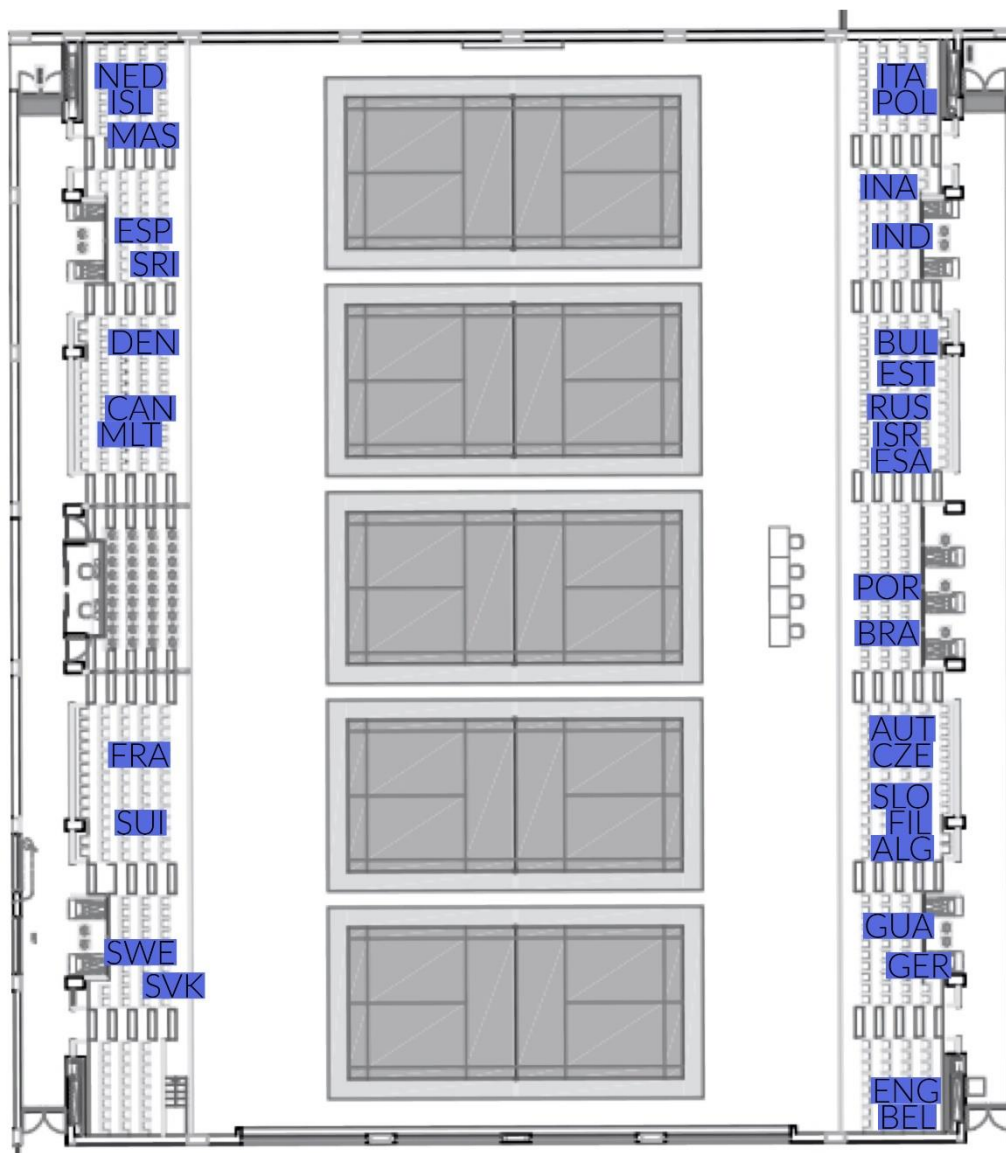
From Monday to Friday: 08:00 to 19:00 | Saturdays: 08:00 to 16:00 | Sundays and holidays: Closed

Appointment Mandatory

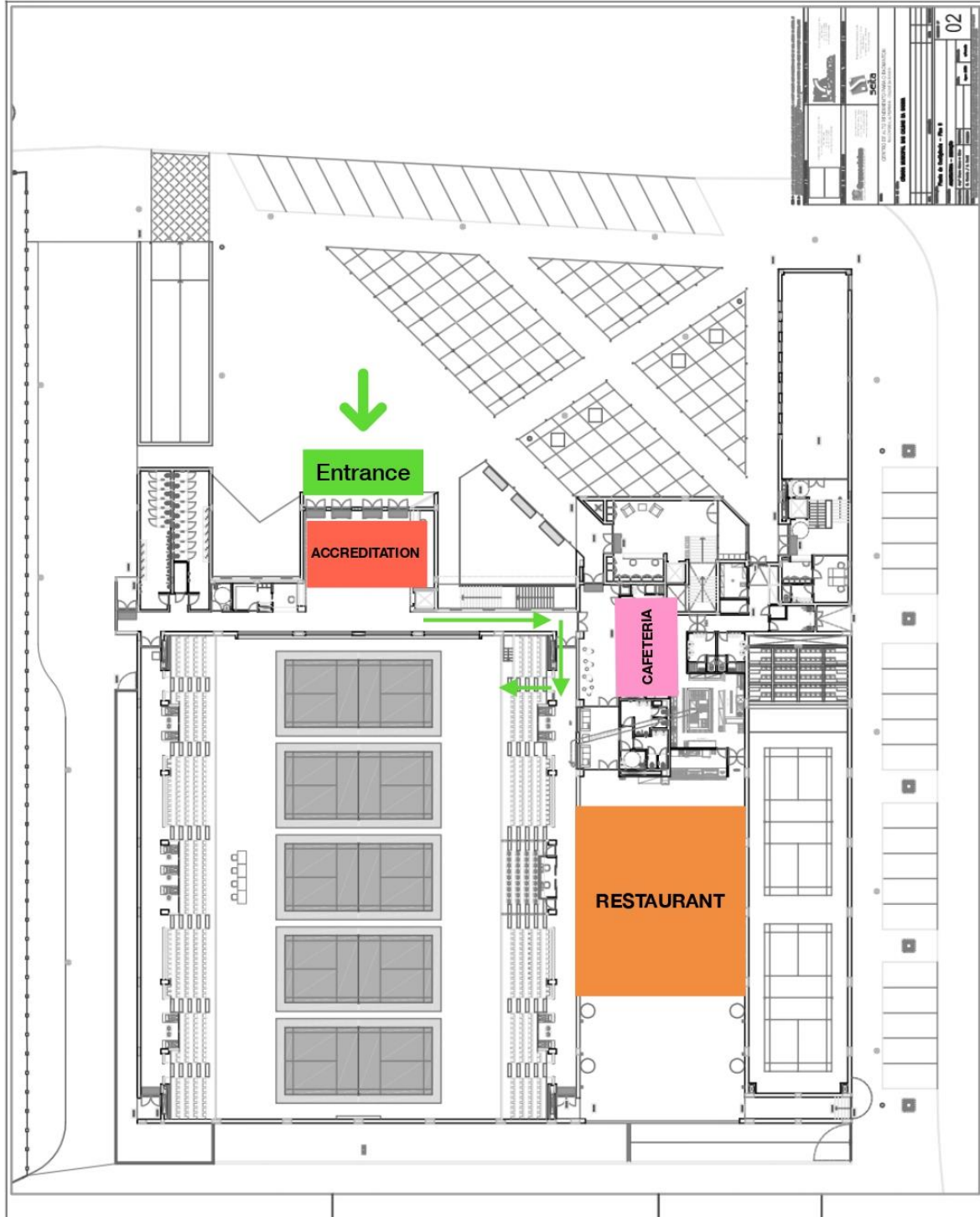
<https://lumilabo.pt/>

[Annex 4]

56 PORTUGUESE INTERNATIONAL CHAMPIONSHIPS



Main Floor 0



Ground Floor -1

