

**PORTUGAL  
2021**

**56<sup>th</sup>  
PORTUGUESE  
INTERNATIONAL  
BADMINTON  
CHAMPIONSHIPS**

6<sup>th</sup> – 9<sup>th</sup> MAY  
HIGH PERFORMANCE CENTRE  
CALDAS DA RAINHA

**SAFETY GUIDELINES  
COVID-19 PROTOCOL**



# Safety guidelines

## 56 Portuguese International Championships (New dates)

This Covid-19 Safety guidelines is based on the information from the Portuguese authorities [Updated on 16 April. State of Emergency in force until 30 April.] 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 3838-A/2021, of April 15, 2021, effective - from 00h00, April 16 to April 30, 2021), entry into Portuguese territory is only authorized for:

Passengers on flights from countries belonging to the European Union, countries associated with the Schengen Area (Liechtenstein, Norway, Iceland and Switzerland). To/from Germany, Austria, Belgium, Bulgaria, Croatia, Cyprus, Denmark, Slovakia, Slovenia, Spain, Estonia, France, Greece, Hungary, Czech Republic, Italy, Latvia, Lithuania, Luxembourg, Norway, Netherlands, Poland, Romania, Sweden and Switzerland, travel is limited to essential reasons.

Passengers on flights from countries whose epidemiological situation is in accordance with Council Recommendation (EU) 2020/1551, of 22 October 2020.

Passengers on flights from countries that are not members of the European Union or that are not countries associated with the Schengen Area, exclusively for essential travel, thus:

Citizens of the European Union, nationals of States associated with the Schengen Area and members of their families, in accordance to the Directive 2004/38 / EC, of the Parliament and of the Council, and third-country nationals legally resident in a Member State of the European Union

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

As provided in Order n.º 3838-A/2021, passengers from Brazil, South Africa or countries with an incidence rate for Covid-19 of 500 cases or above per 100 hundred thousand inhabitants (Bulgaria, Czechia, Croatia, Slovenia, Estonia, France, Hungary, the Netherlands, Poland, Sweden) arriving to Portugal exclusively for 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> (next update Abril 30)

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 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 Brazil, South Africa 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](mailto: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](mailto: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. Also, hopefully tests will take place in the competition venue on a daily basis. [Annex3]

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).

- 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 will be updated in the next Portuguese Government Order whose beginning of its effectiveness is expected to be on May 1, since Order No. 3894-A / 2021, of April 17, currently in force, takes effect until 11:59 pm on April 30.

## 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.

The 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](mailto:events@fpbadminton.pt)

## **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).

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.

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 are € 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.

## **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).

[Implemented measures during the outbreak of COVID-19 in Portugal](#) [Updated on 16 April. State of Emergency in force until 30 April.]

[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](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**

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.ics.pt/en/exames\\_covid](https://www.ics.pt/en/exames_covid)

#### **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 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 - A map will be made available.]