

57 PORTUGAL INTERNATIONAL CHAMPIONSHIPS 2022

57 CAMPEONATOS INTERNACIONAIS DE PORTUGAL 2022

SAFETY GUIDELINES
COVID-19 PROTOCOL

(updated March 4th)



10-13
MARCH
10-13 MARÇO

HIGH PERFORMANCE CENTRE
Centro de Alto Rendimento
Caldas da Rainha | Portugal



Safety guidelines March 4, 2022

57 Portugal International Championships 2022

This Covid-19 Safety guidelines is based on the information from the Portuguese authorities [Updated on 19 february] 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 57 Portugal International Championships.

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 57 Portugal International Championships. 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

Travel:

ALLOWED (Essential and non-essential travel)

Countries of the European Union or of a State associated with the Schengen Area (Liechtenstein, Norway, Iceland and Switzerland); Brazil, Canada, USA and UK; Countries with flights authorized for non-essential travel subject to reciprocal confirmation: Bahrain, Chile, Colombia, Indonesia, Kuwait, New Zealand, Peru, People's Republic of China, Qatar, Rwanda, Saudi Arabia, South Korea, United Arab Emirates, and Uruguay, as well as Taiwan and the administrative regions of Hong Kong and Macau.

Flights from countries not mentioned are allowed exclusively for “essential travel”, i.e. to allow the entry into Portugal of citizens travelling for professional, study and family reunion purposes, and for health or humanitarian reasons. <https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal>

Mandatory:

- A valid vaccination EU Digital COVID Certificate (with a complete vaccination schedule or with a complete vaccination schedule and a vaccine booster)
- Or a valid test or recovery EU Digital COVID Certificate,
- Or a valid vaccination certificate (with a complete vaccination schedule or a vaccine booster) or recovery certificate issued by a third country, under reciprocal conditions: Albania, Andorra, Armenia, Benin, Cabo Verde, El Salvador, Faroe Islands, Georgia, Israel, Iceland, Jordan, Lebanon, Liechtenstein, Moldova, Monaco, Montenegro, Morocco, New Zealand, North Macedonia, Norway, Panama, San Marino, Serbia, Singapore, Switzerland, Taiwan, Thailand, Tunisia, Togo, Turkey, Ukraine, United Arab Emirates, United Kingdom and the Crown Dependencies (Jersey, Guernsey and the Isle of Man), Uruguay, The Vatican (https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans/eu-digital-covid-certificate_en),

Vaccination certificates are accepted if they consider one of the vaccines approved in Portugal and according to the terms that you can consult in "ADDITIONAL INFORMATION / Vaccination" at the end of this document.

Essential Travel definition

"Essential travel" is defined as trips allowing the transit, entry into and departure from Portugal for professional purposes, study, family reunions, health and humanitarian reasons and under the reciprocity principle.

Tests

- a. Controls might be undertaken upon arrival to airport;
- b. The test result performed in a test certified centre must include:
 - type of test taken;
 - passenger name (as per passport);
 - date of birth;
 - clear identification of the laboratory including the certification;
 - the date and time the sample was collected and the explicit negative test result; SMS is not a valid format.

Laboratorial Rapid Antigen Tests accepted according to the [European Commission list](#) based on the Council Recommendation of 21 January 2021 + [Addendum](#).

- c. Passengers who present tests that do not comply with the requirements must undergo a new test on arrival, before entering Portuguese territory, at their own expense, and must wait in a designated place, inside the airport, until the result is notified.

- d. 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 or Madeira you can do it:

- at the Airport. Information at <https://www.ana.pt/en/corporate/ana/faq> ;
- in a laboratory approved by the Portuguese Health General Directorate. Find the list at <https://covid19.min-saude.pt/infoadrpcc/> ;
- 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. More information is available at test.covid19@portugalhealthpassport.com;

It is mandatory for all passengers bound for mainland Portugal or in transit/transfer (including from Madeira and Azores) to fill online a Passenger Locator Form (individually) at <https://portugalcleanandsafe.pt/en/passenger-locator-card>, after check-in and before departure time. The QR Code generated when filling out the PLF can be presented in paper or digital format, without which boarding will be denied.

Accepted vaccines authorized by the European Medicines Agency - Comirnaty (BioNTech and Pfizer), Nuvaxovid (Novavax), Spikevax (Moderna), Vaxzevria (AstraZeneca), COVID-19 Vaccine Janssen (<https://www.ema.europa.eu/en/human-regulatory/overview/public-health-threats/coronavirus-disease-covid-19/treatments-vaccines/covid-19-vaccines>) - and Sinopharm (Vero Cell), Sinovac (Coronavac), Bharat Biotech International (Covaxin), Verity Pharmaceuticals, Fiocruz, R-Pharm.

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.

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.

All players, coaches, team manager and officials are excluded of presenting prove of negative PCR showing:

- COVID-19 Vaccination Certificate (including the booster dose);

- Recovery Certificate proving that recovered from the disease in the last 90 days (for people who have recovered for at least 11 days after a positive COVID-19 test).

The proof of the negative Covid-19 test or vaccination certificate or recovery certificate 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

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.

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 evaluated by the local health authorities and will be tested. Persons who have had contact with a positive case, regardless of their age, with complete vaccination scheme, do not need to isolate. However, persons who are not vaccinated or those with an incomplete vaccination scheme, will be tested.

A person who was tested positive (including a second confirmed test), will have to go into immediate isolation for 7 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 7 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. At the moment, according to Portuguese health authorities, it's not mandatory empty seats between persons.

Transport from/to hotel/venue/hotel: will be provided in bus or mini-bus. A bus schedule will be made available at the hotel and venue and will be published: <https://fpbadminton.pt/57th-portugal-international-championships-2022/> [Annex 4 -Transport to/from hotel to/from venue]

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

Hotels and the competition venue are within a distance of 10 to 20min by car.

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 (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, March 9th, 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, March 4th, with the time for practice. Teams/players that not receive the email are not allowed to practice. Maximum 4 players by 1 court. Athletes who do not comply with these rules will be asked to leave and return to the hotel.

Courts on 7th and 8th March can be booked according to venue availability and paying an extra fee/per hour (must present prove of negative PCR test done maximum 72h before).

During the competition from March 10th to March 14th there will be no practice courts available. On the day of the competition, 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.

Transport will not be available from hotel/venue for practice March 9th. You can ask for taxi at the hotel.

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 provided at the venue and the payment have to be made in cash (15€).

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 5 – Map of the venue.]

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

Players/coaches have their own dedicated space in the stands where it is possible to keep a 1 meter distance between everybody. [Annex 5 – Map of the venue]

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 19 february]

[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 from 11:00 to 12:00 | Sundays: Closed

Appointment Mandatory

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: 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: 09:00 to 13:00 | Sundays: 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 : Closed

Appointment Mandatory

<https://lumilabo.pt/>

[Annex 4 – Transport to/from hotel to/from venue]



Federação Portuguesa de Badminton

57th Portugal International Championships 2022

Bus schedule

9 March 2022
There will be a transport at 19h50 from the hotels to the venue for the Team Manager's meeting (back after the meeting)

10, 11 e 12 March 2022 - Departure times						
Venue	Hotel Cristal Caldas	Hotel Europeia	Hotel Campanille	Venue	Hotel Inatel	Hotel Água D'Alma
08:00	08:10	08:20	08:30	08:30	08:40	08:45
09:00	09:10	09:20	09:30	09:30	09:40	09:45
10:00	10:10	10:20	10:30	10:30	10:40	10:45
11:00	11:10	11:20	11:30	11:30	11:40	11:45
12:00	12:10	12:20	12:30	12:30	12:40	12:45
13:00	13:10	13:20	13:30	13:30	13:40	13:45
14:00	14:10	14:20	14:30	14:30	14:40	14:45
15:00	15:10	15:20	15:30	15:30	15:40	15:45
16:00	16:10	16:20	16:30	16:30	16:40	16:45
17:00	17:10	17:20	17:30	17:30	17:40	17:45
18:00	18:10	18:20	18:30	18:30	18:40	18:45
19:00	19:10	19:20	19:30	19:30	19:40	19:45
20:00	20:10	20:20	20:30			

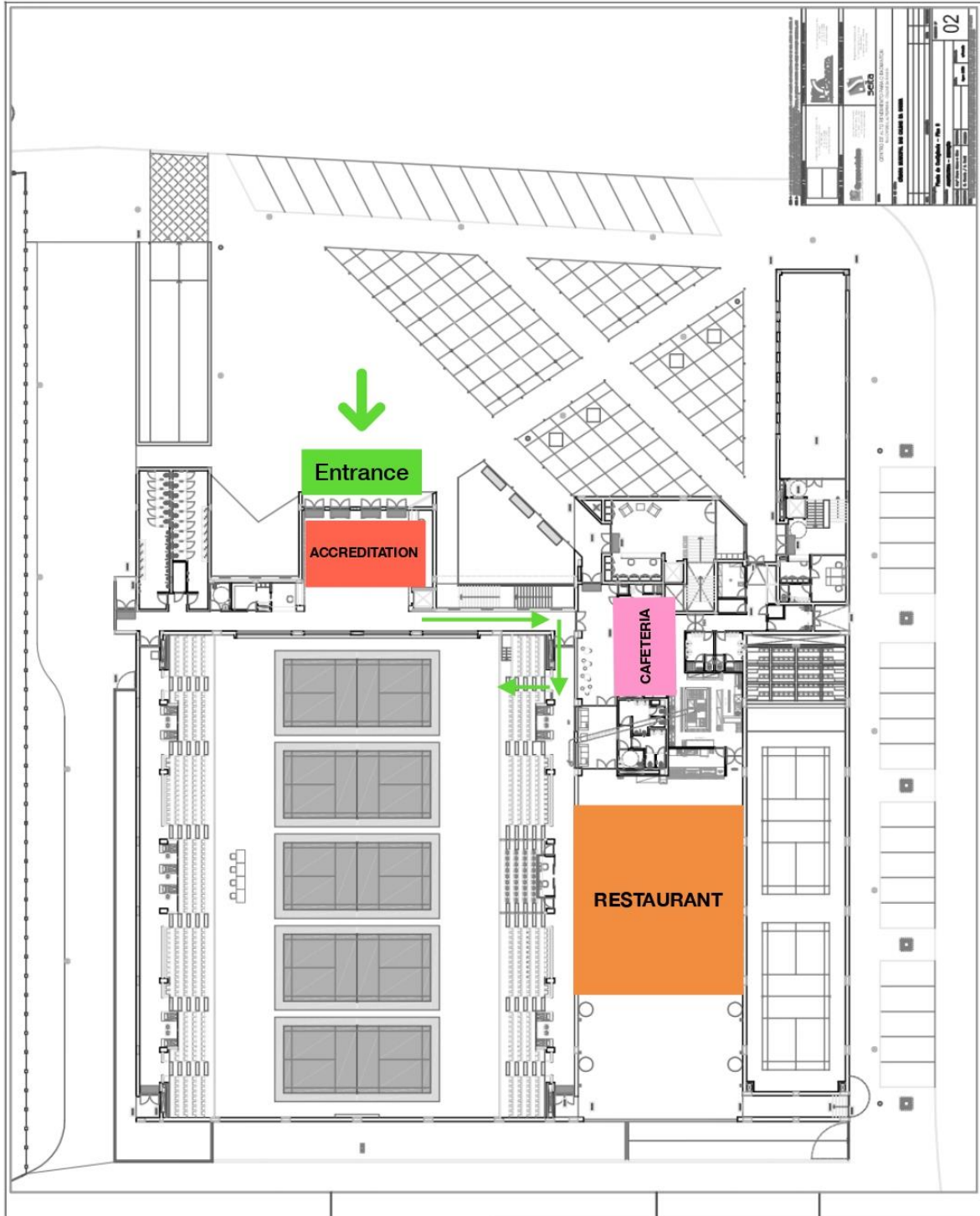
end of competition

13 March 2022 - Departure times						
Venue	Hotel Cristal Caldas	Hotel Europeia	Hotel Campanille	Venue	Hotel Inatel	Hotel Água D'Alma
08:00	08:10	08:20	08:30	08:30	08:40	08:45
09:00	09:10	09:20	09:30	09:30	09:40	09:45
10:00	10:10	10:20	10:30	10:30	10:40	10:45
11:00	11:10	11:20	11:30	11:30	11:40	11:45
12:00	12:10	12:20	12:30	12:30	12:40	12:45
13:00	13:10	13:20	13:30	13:30	13:40	13:45
14:00	14:10	14:20	14:30	14:30	14:40	14:45
15:00	15:10	15:20	15:30	15:30	15:40	15:45
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17:00	17:10	17:20	17:30	17:30	17:40	17:45

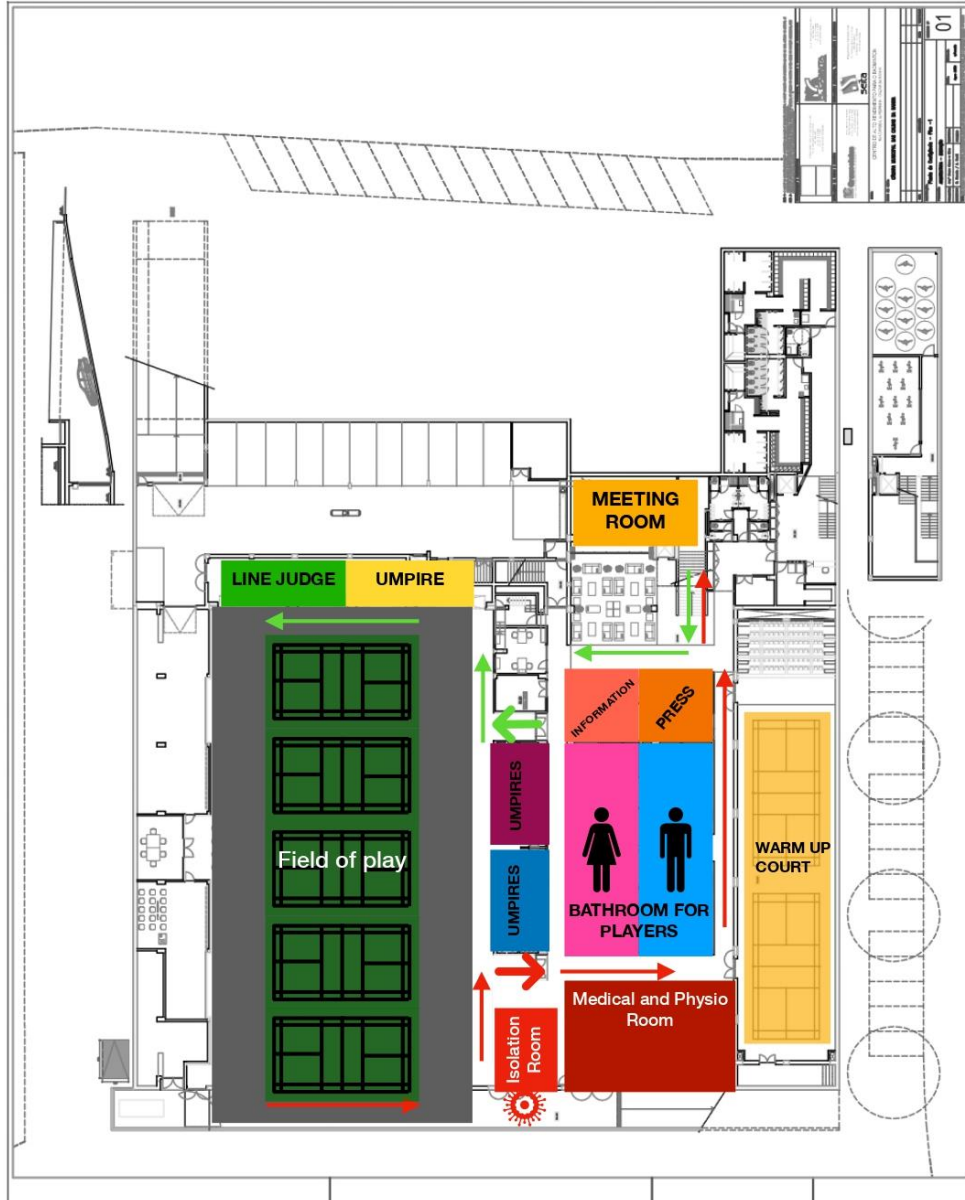
end of competition

**Contact for transport: Mobile and
WhatsApp 00351 914 361 074**

Main Floor 0



Ground Floor -1



57 PORTUGAL INTERNATIONAL CHAMPIONSHIPS 2022

10 - 13 MARCH

