

BAD MINTON TON



55 PORTUGUESE
INTERNATIONAL
CHAMPIONSHIPS 2020

55 CAMPEONATOS
INTERNACIONAIS
DE PORTUGAL 2020



centro de
alto rendimento
das caldas da rainha



badminton

5-8

NOVEMBER NOVEMBRO
CALDAS DA RAINHA

HIGH PERFORMANCE CENTRE
CENTRO DE ALTO RENDIMENTO



physioclem



Benecar. Benecent
Cidade do Automóvel

Covid-19 | Safety guidelines

55 Portuguese International Championships 2020 (New dates)

Updated November 4th, 2020

Safety guidelines

55 Portuguese International Championships 2020 (New dates)

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 55 Portuguese International Championships 2020.

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. The basic elements for preventing the spread of infection should be observed by all, and where one element cannot be complied with, the others should be intensified. The basic elements are, in order of priority:

1. Isolation of persons with symptoms, for example in their hotel room, at home or in a hospital.
2. Hygiene with a focus on cough etiquette, hand hygiene and contact points.
3. Contact reduction with focus on distance, frequency, duration and barriers

Remember your individual responsibility

Please follow all guidelines regarding 55 Portuguese International Championships 2020. 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 1 m 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

Transport:

Air travel to and from Portugal is allowed for: EU Member States + Schengen Associated countries; - Australia, Canada, China, South Korea, Georgia, Japan, New Zealand, Rwanda, Thailand, Tunisia, Uruguay.

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

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

From/to airport/venue/hotel every team/official will be transported in bus or mini-bus and empty seats between each should be respect.

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.

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

At the venue

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

Whether you have been tested or not, you keep a distance of 2 m 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).

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.

Each player/pair is only allowed 1 coach while playing.

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.

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.

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.

At 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.

Only one coach chair per side of the court.

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.

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).

[Implemented measures during the outbreak of COVID-19 \[Updated 26 October\]](#)

[Frequently Asked Questions](#)

[Travel restrictions](#)

COVID-19

GENERAL MEASURES

HAND HYGIENE

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

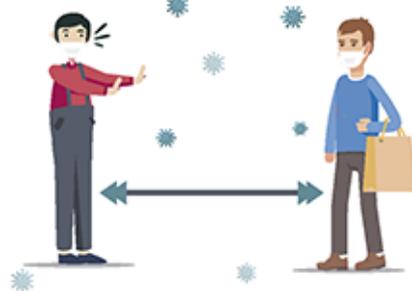


RESPIRATORY ETIQUETTE

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

#SEJAUMAGENTEDESAPUBLICA
#ESTAMOSON
#UMCONSELHODADGS

REPÚBLICA
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DE SAÚDE

DGS
Direção-Geral de Saúde

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

#SEJAUMAGENTEDESAAUDEPUBLICA
#ESTAMOSON
#UMCONSELHODADGS

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 SNS
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 DGS
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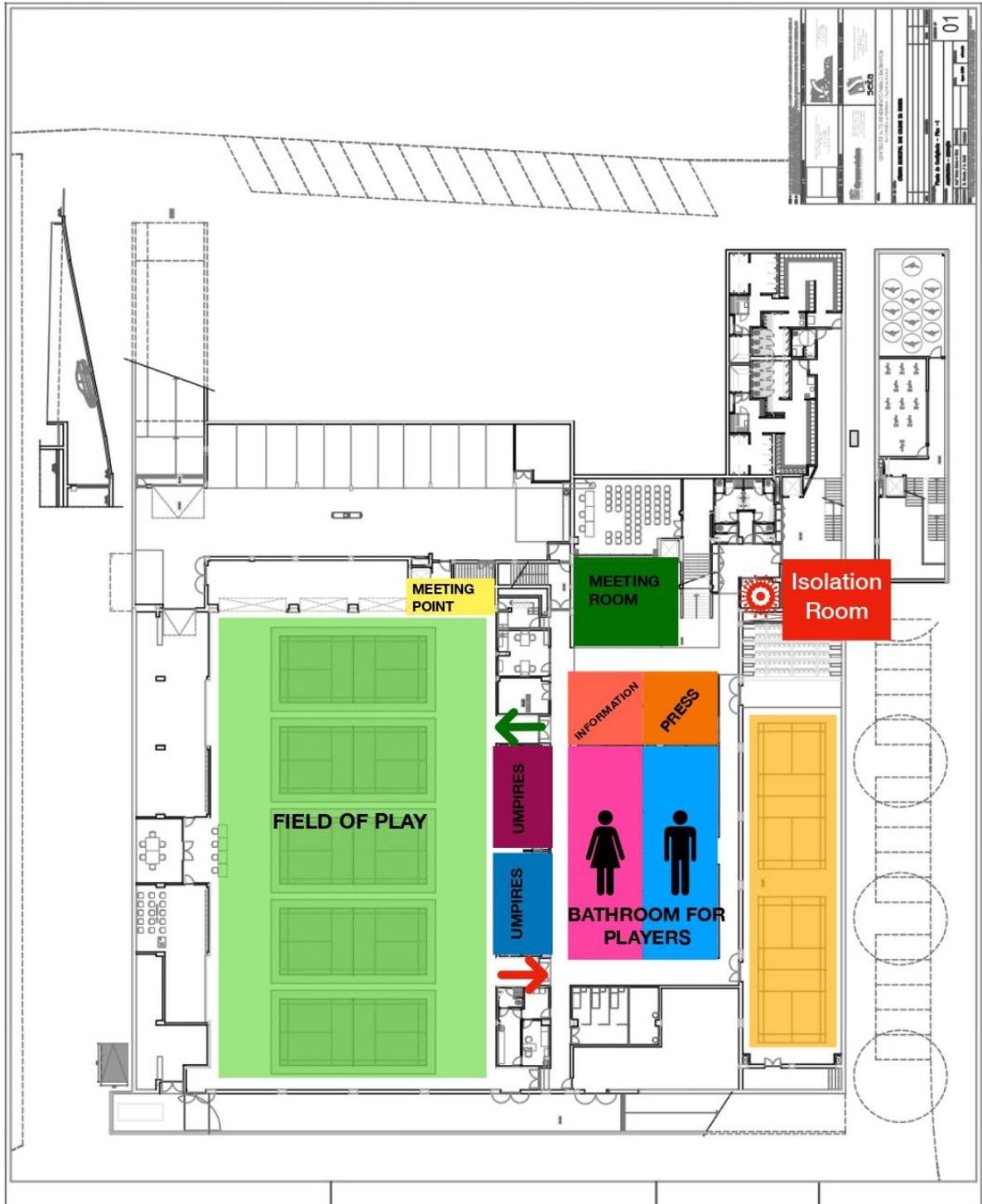


Other Informations

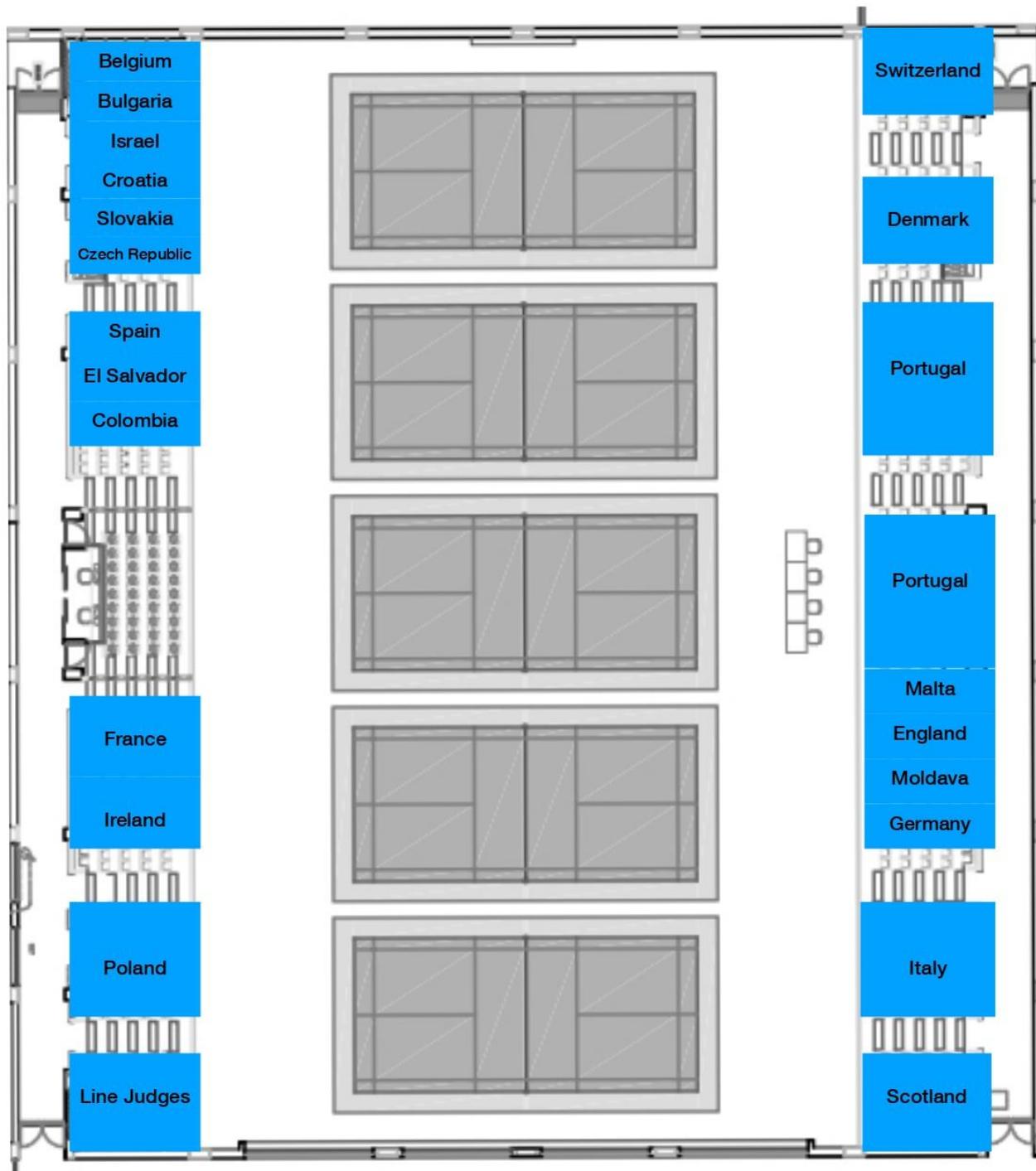
55 Portuguese International Championships 2020 (New dates)

Updated November 4th, 2020

Ground Floor -1



55 Portuguese International Championships 2020



55th Portuguese International Championships Bus schedule

4 November 2020

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

5 November 2020 - Departure times

| High Performance Centre | Hotel Cristal Caldas |
|-------------------------|----------------------|
| | 08:40 |
| 09:00 | 09:10 |
| 09:30 | 09:40 |
| 10:00 | 10:10 |
| 10:30 | 10:40 |
| 11:00 | 11:10 |
| 11:30 | 11:40 |
| 12:00 | 12:10 |
| 12:30 | 12:40 |
| 13:00 | 13:10 |
| 13:30 | 13:40 |
| 14:00 | 14:10 |
| 14:30 | 14:40 |
| 15:00 | 15:10 |
| 15:30 | 15:40 |
| 16:00 | 16:10 |
| 16:30 | 16:40 |
| 17:00 | 17:10 |
| 17:30 | 17:40 |
| 18:00 | 18:10 |
| 18:30 | 18:40 |
| 19:00 | 19:10 |
| 19:30 | 19:40 |
| 20:00 | 20:10 |
| end of qualifying | |

7 November 2020 - Departure times

| High Performance Centre | Hotel Cristal Caldas |
|-------------------------|----------------------|
| | 08:00 |
| 08:30 | 08:40 |
| 09:00 | 09:10 |
| 09:30 | 09:40 |
| 10:00 | 10:10 |
| 10:30 | 10:40 |
| 11:00 | 11:10 |
| 11:30 | 11:40 |
| end of morning session | |
| | 14:10 |
| 14:30 | 14:40 |
| 15:00 | 15:10 |
| 15:30 | 15:40 |
| 16:00 | 16:10 |
| 16:30 | 16:40 |
| 17:00 | 17:10 |
| 17:30 | 17:40 |
| 18:00 | 18:10 |
| 18:30 | 18:40 |
| end of competition | |

6 November 2020 - Departure times

| High Performance Centre | Hotel Cristal Caldas |
|-------------------------|----------------------|
| | 07:40 |
| 08:00 | 08:10 |
| 08:30 | 08:40 |
| 09:00 | 09:10 |
| 09:30 | 09:40 |
| 10:00 | 10:10 |
| 10:30 | 10:40 |
| 11:00 | 11:10 |
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| 17:00 | 17:10 |
| 17:30 | 17:40 |
| 18:00 | 18:10 |
| 18:30 | 18:40 |
| 19:00 | 19:10 |
| 19:30 | 19:40 |
| 20:00 | 20:10 |
| 20:30 | 20:40 |
| 21:00 | 21:10 |
| end of competition | |

8 November 2020 - Departure times

| High Performance Centre | Hotel Cristal Caldas |
|-------------------------|----------------------|
| | 08:30 |
| 09:00 | 09:10 |
| 09:30 | 09:40 |
| 10:00 | 10:10 |
| 10:30 | 10:40 |
| 11:00 | 11:10 |
| 11:30 | 11:40 |
| 12:00 | 12:10 |
| 12:30 | 12:40 |
| end of competition | |