

HEALTH REGULATIONS

FOR THE PARTICIPATING TEAMS

2020-2021

ISU Events Speed Skating (Heerenveen)
COVID-19 MEASURES

Creation of the Competition Bubble: health and testing measures for international speed skating teams

ISU | House of Sports

1 December 2020

CONTENTS

General principles	3
Identification of the Competition Bubble	4-5
Diagram of the Competition Bubble and ISU Events families	6
Testing protocol prior to the start of the ISU Events	7-8
Management of testing during the ISU Events	9
Management of a suspected or confirmed case of Covid-19	10-13
General measures for the ISU Events	14-16
Specific measures prior to the start of the ISU Events	17
Specific measures on training days of the ISU Events	18
Specific measures on competition days of the ISU Events	19
Specific measures during podium ceremony of the ISU Events	20-21
Application of the regulations and obligations	22-24

GENERAL PRINCIPLES

As a result of the Covid-19 pandemic, the 2020 editions of the ISU World Cup 2020-2021, which should have taken place between 13 November to 13 December 2020 in respectively Poland, Norway, Canada and the United States, have been re-located to ice stadium Thialf in Heerenveen, The Netherlands, creating the following ISU Events calendar in Heerenveen:

ISU European Championships	16-17 January 2021
ISU World Cup 1	22 – 24 January 2021
ISU World Cup 2	29 – 31 January 2021
ISU World Championships	11 – 14 February 2021

In this context, the ISU European Championships and ISU World Cups should be able to go ahead provided that the risks of transmission of the SARS-Cov-2 (Covid-19) virus can be reduced as much as possible.

Therefore, in conjunction with the sports and health authorities, the International Skating Union (ISU) has drawn up the protocol below. Strict compliance with it by everyone will guarantee the successful staging of these Competitions.

The guiding principle behind this protocol is that it is advisable to limit, as far as possible, the number of persons taking part in this edition of the ISU Events and to ensure that contacts among these persons are minimized as much as possible and traceability among them is guaranteed.

Therefore within the framework of these 2020-2021 ISU Events a “Competition Bubble“ (CB) will be created and aimed at minimizing the risk of skaters and team staff in either being infected or infecting other people directly or indirectly (people in contact with skaters and team staff) and at restricting the number of persons identified as close contacts in the event of infection.

The clear common goals are: to safeguard the health of skaters, team personnel and other people involved in the ISU Events and to guarantee that the events can go ahead.

All the measures and rules set out herein (except for tests performed before the ISU Events) shall remain in force for as long as the persons in the ISU Competition Bubble will be present at the venue (i.e. from the first to the last day when the ISU reserves their accommodation as per request of the Team).

These “Health Regulations” represent measures and rules that complement those set out in the ISU’s document titled “Guidelines for ISU Events during the COVID-19 pandemic“ (“ISU Guidelines”).

These regulations exclusively and specifically apply to the 2020-2021 ISU Events held in Thialf, Heerenveen.

IDENTIFICATION OF THE “COMPETITION BUBBLE”

The Competition Bubble consists of 2 levels of families:

- **Level 1:** all skaters (including substitutes) (“skaters”) for the teams participating in the ISU Events (“team(s)”) who have been officially registered for the ISU Events, along with the team personnel members designated by the teams (“personnel”) - jointly designated as “skaters and personnel” or “Level 1”.
- **Level 2:** all persons who do not belong to a skating team but work in the ISU Events, play an important role in its organization and are in close or regular contact with the ISU Events skaters and/or team personnel (“Level 2”). ISU will draw up a list of people classified as Level 2, including but not limited to, ISU Officials, competition management staff, competition medical staff, judges, timing personnel, ice staff and neutral organizing/support staff, banner placers, block layers, security officers (in areas where the teams pass through), TV Production personnel in the competition and press areas with skaters presence, tracking system personnel, anti-doping chaperones and personnel, radio/telecoms personnel (interacting with the teams), stewards and announcers. Strict measures and rules, possibly similar to those established for Level 1, shall also be applied to them. Compliance with these measures and rules shall be a prerequisite for joining or entering the Competition Bubble.

Other people involved in the organization of the ISU Events (although who are not part of the Competition Bubble) may also come into contact with people in the Competition Bubble (but not close/regular contact), such as other persons (e.g. from KNSB office, House of Sports office, photographers, ISU media team/community managers, and members of the media who interview skaters in the mixed zone (Level 3). Specific measures and protocols shall be established for all these people, including but not limited to: a PCR test in the 3 days preceding their arrival on site, supplementary tests during the ISU Events, filling in the active screening questionnaire, limited presence in the various areas/spaces on site and limited interaction with third parties.

For Level 1 of the Competition Bubble, each team must:

- Observe the maximum ISU quota and ISU Guidelines for skaters and team personnel per team, accredited for and making up the Competition Bubble for the entire duration of the ISU Events period without the possibility of outward/return trips outside the competition (e.g. family trips on rest days).
- Provide a list (to be submitted to ISU no later than 29 December 2020) of the designated individuals, including (among others) skaters, substitute skaters, team leader, coaches, medical staff, masseurs and other “necessary” staff for the team as well as other people potentially designated by the team (e.g. community managers and press officers within the strict limits of the ISU Guidelines).

Only the persons included in the list for whom all the required information has been submitted and who have accepted these “Health Regulations” shall be allowed to take part in the ISU Events and/or join the Competition Bubble (and receive a “Competition Bubble” accreditation).

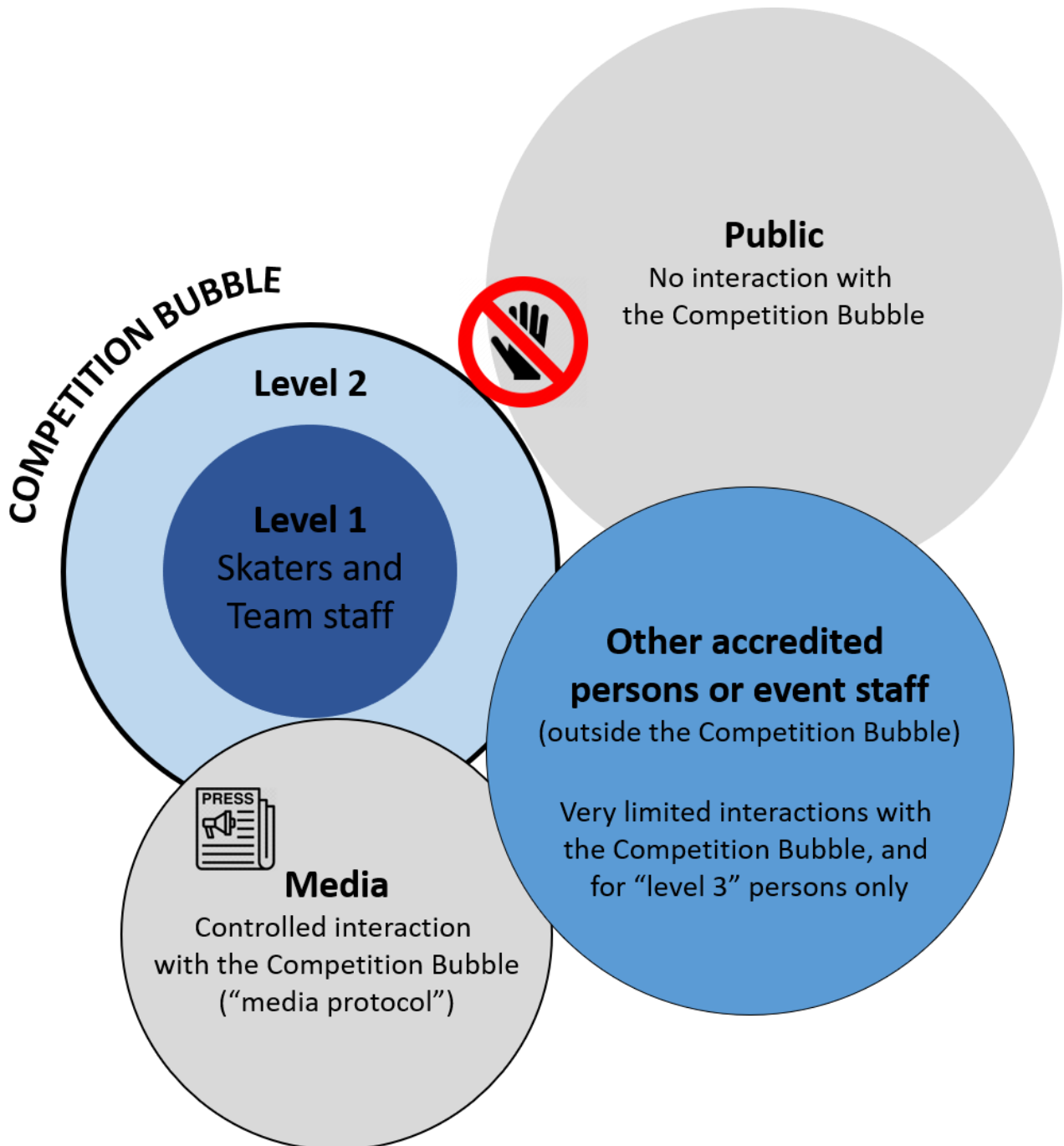
The team undertakes to only designate (within the ISU quota and ISU Guidelines) persons considered as essential to the correct functioning of the team in the ISU World Cups – in any event, no person outside the team (e.g. guests, relatives of skaters/personnel...) may be included on this list.

- Designate 1 team official (who is part of the Competition Bubble) as its point of contact/specialist for the purposes of the measures against Covid-19 set out herein. Preferably the team official should be the team doctor. If no team doctor is present a team physio can take this role. If no team doctor and no team physio are present, the team leader will be designated as the Covid-19 team official .

All these people designated by the team undertake to strictly comply with all the screening tests and distancing measures for Level 1 (described below) both before and during their presence in the ISU Competition Bubble.

Note: Access to the Competition Bubble is only possible on Entrance dates that are specifically described. It is not allowed to leave the Competition Bubble after one Event and then to re-enter the Bubble again for a forthcoming Event.

DIAGRAM OF THE COMPETITION BUBBLE AND ISU EVENTS FAMILIES



TESTING PROTOCOL PRIOR TO THE START OF THE ISU COMPETITION BUBBLE

Each team must observe the following measures for all the people it designates for Level 1:

- All the designated people shall arrive at the site of the ISU European Championships, at the accommodation designated by the ISU, no later than Monday 11 January 2021.
 - o Entry dates need to be proposed for approval to the ISU prior to making the final booking.
- All the designated people not participating at the ISU European Championships shall arrive at the site of the ISU World Cups, at the accommodation designated by the ISU, no later than Monday 18 January 2021.
 - o Entry dates need to be proposed for approval to the ISU prior to making the final booking.
- All the designated people not participating at the ISU European Championships and/or ISU World Cups shall arrive at the site of the ISU World Championships, at the accommodation designated by the ISU, no later than Wednesday 3 February 2021.
 - o Entry dates need to be proposed for approval to the ISU prior to making the final booking.
- In accordance with the ISU Guidelines, all the designated people shall undergo the following health checks:
 - o Fill in the Covid-19 clinical active screening questionnaire (provided by the ISU) every day for the 5 days before arrival at the venue of the Competition Bubble.
 - o Take a PCR screening test for RNA sequences specific to SARS-Cov-2 (PCR type) not more than 48 hours prior to departure time to the site of the ISU Competition Bubble.

Note: The above mentioned entry points can also serve for new Team staff or new Skaters to enter. However what a Skater or Team Official leaving the bubble will not be allowed to come back. If you decide to leave, you are out for the entire ISU Competition Bubble period, this is the main condition and only solution to maintain the safety of the bubble. This means that a Skater participating in the ISU European and the World Championships will enter the bubble on January 11 and will not be allowed to leave the bubble before he or she participated in his specific distances for the World Championships.

If the two controls (questionnaire and test) are negative, entering the ISU Competition Bubble will be authorized. The result of the PCR test shall be submitted to the ISU prior to departure to the ISU Events site and must be shown on official paper (including signature) upon arrival.

The team undertakes action to send to the ISU Medical Advisor any information related to any symptoms (such as: a fever, dry cough, headache) or to a positive test for Covid-19, as well as any non-compliance with the measures contained in this protocol (not filling in the questionnaire, not taking PCR tests, not observing the timescales...) by a person designated by the team.

- Upon arrival at the site, people must:
 - o Carry out daily health checks on team skaters and personnel:
 - Under the technical responsibility of the team official, who will screen for suspicious clinical signs, particularly through the active screening questionnaire or using another suitable tool
 - The health checks shall be carried out daily, for all the designated persons in the team
 - The team or team official must communicate any information related to any symptoms (such as: a fever, dry cough, headache) to the Medical Cell of the ISU Competition Bubble and the ISU Medical Advisor at the earliest possible opportunity after obtaining knowledge of the information.
 - o Take a second PCR test at the site carried out by the external medical service provider of the ISU Competition Bubble.
 - While awaiting the result of the PCR test team members will remain in their hotel room (where food and drinks will be provided by the hotel at the room door).

Note: That ISU will provide a mobile testing laboratory (with tests carried out by an external medical service provider) and reserve testing slots for skaters and team staff at the site of the ISU Competition Bubble. These tests are organized by the Medical Cell (the ISU Medical Advisor, Chief Medical Officer, Covid-19 Manager) of the ISU Competition Bubble via an external medical service provider, which will forward the results to the official of the team in question and the ISU Medical Advisor as soon as possible.

The participation of a team member (skater or personnel) in the ISU Competition Bubble will only be allowed if the results of the first control is negative, if the PCR tests have been received and are confirmed negative.

Every person in the team who is part of the Competition Bubble must keep a daily diary indicating a list of persons he/she may have come into close contact with during the ISU Events, notwithstanding the application of the measures in these regulations that should reduce their number, and even prevent personal contact.

As at 19 November 2020, the definition of the term “close contact” by the (Netherlands) national agency of public health (“Ministry of Health, Welfare and Sport”), and applicable to the ISU Events, is as follows: <https://www.government.nl/binaries/government/documents/publications/2020/06/08/coronavirus-how-does-contact-tracing-work/Factsheet+BCO+Engels.pdf>:

“Close contacts: 15 minutes or more, at a distance of less than 1,5 meters. For example: a neighbor, hairdresser or pedicurist. Or people you’ve been in transmission was greater but less than 15 minutes. For example: people you have kissed or people who have coughed in your face. The GGD will contact these people, explain that they should stay at home as much as possible for at least the next 10 days and discuss what else they should do.”

MANAGEMENT OF TESTING DURING THE ISU EVENTS

Each team must observe the following measures for all the people it designates for Level 1 (in accordance with the ISU Guidelines):

- Carry out daily health checks on team skaters and personnel:
 - o Under the technical responsibility of the designated team official, who will screen for suspicious clinical signs, particularly through the active screening questionnaire or using another suitable tool
 - o The health checks shall be carried out every morning and evening.
 - o The team or designated team official must communicate any information related to any symptoms to the Medical Cell of the ISU Competition Bubble and the ISU Medical Advisor at the earliest possible opportunity after obtaining knowledge of the information (in any event, no later than two hours before the start of each competition day – or before 11:00 [local time] on training days – and before 23:00 [local time] every evening).
- Ensure that a PCR test is carried out once every week before the start of the next ISU Event for all persons (skaters and personnel) designated by the team for Level 1:
 - o For the week of arrival to the Competition Bubble the test taken upon arrival will be sufficient, **unless decided otherwise by the ISU.**
 - o That the ISU will reserve testing slots for skaters and team staff on each Wednesday/Thursday prior to an ISU Event in Thialf, Heerenveen.
 - o These tests are organized by the Medical Cell of the ISU Competition Bubble via an external medical service provider, which will forward the results to the designated official of the team in question and the ISU Medical Advisor as soon as possible.
- Each person in the team who is part of the Competition Bubble must keep a daily diary indicating a list of persons he/she may have come into close contact with during the ISU Events (outside the competition for the skaters), notwithstanding the application of the measures in these regulations that should reduce their number, and even prevent, personal contact.

MANAGEMENT OF A SUSPECTED OR CONFIRMED CASE OF COVID-19

If a possible case or a confirmed case of Covid-19 occurs in a team (skaters and personnel), the following procedures and consequences will apply:

BEFORE ARRIVAL AT THE SITE OF THE ISU COMPETITION BUBBLE

- If a person (skater or personnel) shows symptoms of Covid-19 after a negative PCR test prior to departure of arriving at the ISU Competition Bubble site:
 - o With strongly suspect symptoms (such as: a fever, dry cough, headache): the person in question is not authorized to travel nor to attend the ISU Competition Bubble (even if a PCR test is negative later).
 - o With moderately suspect symptoms: the team undertakes to implement methodical clinical monitoring, under the responsibility of the designated team official.
- If the PCR test (administered before travelling to the ISU Competition Bubble site) on a person (skater or personnel) shows positive for Covid-19; the person in question is not authorized to travel to the Competition Bubble (even if the person does not show symptoms of Covid-19).
 - o In this case, the team (under the responsibility of the designated team official) will be obliged to identify any close contact cases, as defined by the (Netherlands) national public health agency and inform their ISU Member Federation.
 - o In accordance with the provisions of the national public health agency, all persons identified as close contacts will be subject to quarantine for a minimum of 10 days following their last contact with the sick person: if this quarantine period cannot be observed, these persons will not be authorized to attend the ISU Events (even if a PCR test is negative later and even if the person does not show signs and symptoms of Covid-19).
- If a person (skater or personnel) is not authorized to attend the ISU Events in the cases mentioned above, he/she may be replaced by another member of the team subject to the observation of the same test protocol before the start of the ISU Competition Bubble (including the filling in of the active screening questionnaire, a negative PCR test administered within 48h before his/her departure time and a further PCR test upon arrival at the ISU Competition Bubble).

WITHIN THE COMPETITION BUBBLE

- If a person (skater or personnel) shows symptoms of Covid-19:
 - o With strongly suspect symptoms (such as: a fever, dry cough, headache): the person in question is not authorized to attend the ISU Events (even if a PCR test is negative later).
 - o With moderately suspect symptoms: the team undertakes to implement methodical clinical monitoring, under the responsibility of the team official and to send the information to the Medical

Cell of the ISU Competition Bubble and the ISU Medical Advisor at the earliest possible opportunity. According to the context, the team official, the Medical Cell of the ISU Competition Bubble or the ISU Medical Advisor may request the person to take an additional PCR test.

- If an additional PCR test or the second PCR test (taken before the start of the ISU Events) on a person (skater or personnel) for Covid-19 is positive, the person in question is not authorized to start the race (skaters) or receive an accreditation (personnel) for the ISU Events (even if a PCR test is negative later and even if the person does not show signs and symptoms of Covid-19).
 - o In this case, the team (under the responsibility of the team official, in coordination with the Medical Cell of the ISU Competition Bubble and in relation with the responsible healthcare authorities, among which the regional health agencies and the Netherlands Ministry of health) will be obliged to identify (in particular, through the daily diary kept by the team members) the cases of close contact as defined by the (Netherlands) national public health agency.

Note: any person who has slept in the same room as the sick person will be automatically declared a close contact.

- o In accordance with the provisions of the (Netherlands) national public health agency, any persons identified as close contacts will be subject to quarantine for a minimum of 10 days following their last contact with the sick person: these persons will thus not be authorized to start the race (skaters) or receive accreditation (personnel) for the ISU Events (even if a later PCR test is negative and even if the person does not show symptoms of Covid-19).
- If a skater is not authorized to start the ISU Event in the cases referred to above, he may be replaced by another skater (who is already part of the ISU Competition Bubble and who has observed the same test protocol before leaving for the ISU Events site) on the list of skaters starting the ISU Event concerned. If a member of the team personnel is not authorized to receive accreditation for the ISU Events in the cases referred to above, he/she may be replaced by another team member who has observed the same test protocol before leaving for the ISU Competition Bubble (including the filling in of the active screening questionnaire, a negative PCR test administered within 48h before his/her arrival time and a further PCR test upon arrival at the ISU Competition Bubble).

Note: this means that no substitute from outside the CB can join the competition unless within the set entry dates for the ISU Events.

DURING THE ISU EVENTS

- If a person (skater or personnel) presents Covid-19 symptoms:
 - o With strongly suspect symptoms (such as: a fever, dry cough, headache): the persons in question are not authorized to take the start of their following race or distance of the ISU Events (skaters), or will have their accreditation for the ISU Events withdrawn (personnel), even if a PCR test later shows negative. Exceptionally, a skater may be authorized to take the start of the next distance in the

- event of an informed and positive medical judgement, both from the team official and the Medical Cell of the ISU Events.
- With moderately suspect symptoms: the team undertakes to implement methodical clinical monitoring, under the responsibility of the team official and to send the information to the Medical Cell of the ISU Events and the ISU Medical Advisor at the earliest possible opportunity. According to the context, the designated team official, the Medical Cell of the ISU Events or the ISU Medical Advisor may request the person to take an additional PCR test.
 - If an additional PCR test or a PCR test taken by a person (skater or personnel) on a rest/training day (organized by the ISU) shows positive for Covid-19: the person in question is not authorized to take the start of the following distance (skaters) or will have his/her accreditation withdrawn (personnel) for the current and following ISU Events (even if a PCR test is later negative and even if the person does not present symptoms of Covid-19):
 - In this case, the team (under the responsibility of the designated team official, in coordination with the Medical Cell of the ISU Competition Bubble and in relation with the responsible healthcare authorities, among which the regional health agencies and the Netherlands Ministry of health) will be obliged to identify (in particular, through the daily diary kept by the team members) the cases of close contact as defined by the (Netherlands) national public health agency.
 - The person will, in accordance with the provisions of the (Netherlands) national public health agency, go into quarantine for 10 days at a separate location the where the Team is staying. Arrangements to be made by the Team of the person whom it concerns. Assistance by the organizer may be requested.

Note: any person who has slept in the same room as the sick person will be automatically declared a close contact.

In accordance with the provisions of the (Netherlands) national public health agency, any persons identified as close contacts will be subject to quarantine for a minimum of 10 days following their last contact with the sick person: these persons will not be authorized to start the race (skaters) or receive accreditation (personnel) for the ISU Events (even if a later PCR test is negative and even if the person does not show symptoms of Covid-19).

If a member of the personnel will have his/her accreditation withdrawn for the ISU Events in the cases referred to above, he/she may be replaced by another team member who has observed the same test protocol (including the filling in of the daily questionnaire, a PCR test taken within 48 hours before his/her departure for the ISU Events site and a further PCR test taken on arrival at the ISU Events site).

AFTER LEAVING THE ISU COMPETITION BUBBLE

- If a person from a team presents Covid-19 symptoms or if his/her test is positive within 14 days of the end of their participation in the ISU Events in Heerenveen, he/she must immediately notify his/her designated team official (who will, in turn, notify the ISU whom will then inform other Teams).

GENERAL MEASURES FOR THE ISU EVENTS

Each team must observe the following measures for all the people it designates for Level 1:

1- Confinement and strict health/distancing measures for as long as the people in question are present at the ISU Events, at the sites of the event and outside them:

- Wearing face masks is compulsory:
 - o For skaters at all times (also while waiting or pausing), except :
 - when in their hotel rooms;
 - while having meals (but remains compulsory when moving to and in the catering room);
 - while training (during skating, during cycling or during weights/warming up) within authorized areas at the ISU Events sites;
 - while racing during the Competition.
 - o For team personnel at all times except when in their rooms and while having meals (but remains compulsory when moving too and in the catering room)
 - o No advertising marking is allowed on face masks. Face masks may display one (1) manufacturer trademark/identification of maximum 8cm². In addition, ISU Member's name and/or abbreviation and/or national flag and/or Skater's name may be displayed on the face mask.

Note: face masks shall be compulsory at all times in all vehicles (including cars and team buses) for skaters and team personnel.

Regarding strict confinement:

- No interaction with persons/third parties outside the Competition Bubble, keeping the use of facilities or services open to persons/third parties outside the Competition Bubble to a bare minimum, and limiting interactions with other people in the Competition Bubble to what is strictly necessary in the areas and at the time periods reserved for the Competition Bubble (see below). E.g. no visits at the hotel, no leaving the hotel unless required to, no meals outside the hotel...

Interacting with persons/third parties outside the Competition Bubble shall be limited to the strict necessary, only be allowed with the authorization of the designated team official, registered by the team and shared with the Medical Cell of the ISU Events and the Covid-19 Manager of the ISU Events upon request.

Leaving the team areas and accommodation shall be limited to strict necessity (and rather to be done by dedicated persons outside the Competition Bubble), registered by the team and shared with the Covid-19 Manager of the ISU Events upon request.

Any presence at the venue (especially team areas) and outdoor sites of the ISU World Cups (especially team parking) must be limited to the persons (being part of the Competition bubble) necessary for the correct functioning of the team on these sites.

- **Interaction with the public/spectators/guests is prohibited**, whether during the competition, at the sites of the ISU Events or outside them (e.g. during transfers, in hotels...). E.g. no autographs, selfies, etc.
- Access to venue areas (e.g. stadium, guest areas, press room, etc.) is prohibited outside the areas and time periods reserved for the “Competition Bubble” (see below).
- Specific Competition Bubble accreditations must be worn visibly and at all times (at ISU Events sites, with the exception of skaters in the race).

The ISU will issue accreditations in a specific color for people in the Competition Bubble. These shall grant access to the team areas and team parking at the venue (for people designated by the teams as well as certain people designated as “Level 2”).

***Note:** no-one present at the ISU World Cups shall be granted simultaneous access to the team areas/team parking (reserved for the Competition Bubble) and other- venue areas outside the Competition Bubble (reserved for other accreditation holders).*

- Maintain, at all times and in one’s own conduct, a distance of at least 1,5 meters from individuals who are not (both) part of the Competition Bubble and the same team, except among skaters on the infield, on the ice and during the race.

2- Interaction with the physical presence of media/individuals who do not belong to the team is prohibited.

- All press conferences organized by teams shall be held by video conference from their hotels.

3- Physical interviews with skaters and team staff are prohibited except in the areas (“media boxes”) set up by the organization at the venue, TV sets on the infield technical area (subject to health/distancing measures) and/or via video conference/telephone.

4- Set up clean-up and disinfection procedures for all team vehicles used in the ISU Events.

5- Support the ISU Events communication for the public at large:

- Share information on the measures taken and relay the messages urging spectators to follow the health/protective measures implemented by the ISU Events (e.g. distancing outside and inside the venue, wearing face masks, no interaction with the skaters and teams, etc.) via the communication channels and social media of the teams and their skaters.

For all these general measures (as well as the specific measures below) that aim at both reducing the risk of infection and the number of close contacts in the event of infection, the teams undertake to adhere to these objectives for the ISU Events, with the observance of the measures described above and in their manner of acting in general.

***Note:** a person is classified as a close contact if he/she has been in close contact with a person presenting a positive Covid-19 test during the 48 hours prior to the symptoms appearing.*

***Note:** Furthermore, the ISU invites all persons in teams to voluntarily download the “CoronaMelder” app, which allows persons who have been in the proximity of others who have tested positive for Covid-19 to be warned:*

<https://coronamelder.nl>.

SPECIFIC MEASURES PRIOR TO THE START OF THE ISU EVENTS

Each team must observe the following measures, for all the people it designates for Level 1:

COLLECTION OF ACCREDITATIONS AND SIGNATURE OF THE CHARTER

- Before collecting their accreditation, each person in the team undertakes to observe (through his signature) the “Waiver of the ISU Events” and these regulations (which is an Appendix to the Waiver).

The person or team in question must send the signed Waiver(s) to the ISU before collecting his/her accreditation and present an original signed copy when collecting the accreditation.

- In accordance with the testing protocol prior to the ISU Events start, accreditations will be only distributed to the persons of a team after receiving confirmation of having a negative PCR tests result.

TEAM LEADERS MEETING

- Compliance with the ISU Guidelines and specific schedules established by the ISU (sent separately) with a view to limiting the interaction among skating teams and with third parties.

The general principle is to minimize interaction among the skaters and staff of different or external teams so that a specific team can be isolated in the event of a suspected/confirmed case of Covid-19.

- o The Team Leaders meeting will take place via Microsoft Teams (digital meeting). Only one designated Team Leader per participating team is allowed entrance to the Team Leaders meeting.

PRESS CONFERENCES/INTERVIEWS

Any press conferences on the ISU Events shall be held via video conference.

SPECIFIC MEASURES ON TRAINING DAYS OF THE ISU EVENTS

Each team must observe the following measures for all the people it designates for Level 1:

WARM-UP AREA AT THE VENUE

- Compliance with the dedicated protocol (sent separately and including timeslots) for the use of the warm-up area during training days.
- Arrive on site in time for the assigned/reserved training timeslot. The warm-up area entrance will be closed/off limits to everyone who is not part of the Competition Bubble (i.e. no guests, media, etc.).
- Leave the warm-up area in time by the end of the timeslot.
- Extra cleaning slots are reserved to make sure the facilities are clean and disinfected.

Reminder: nobody from outside the Competition Bubble is authorized inside warm-up area nor the team buses/cars. Skaters and personnel must wear face masks and observe the other general health rules when leaving the bus/cars and in the warm-up area.

INTERACTION WITH THIRD PARTIES AND THE PUBLIC

- Skaters and team staff are not allowed to interact with the public and must strictly observe the specific distancing measures between skaters/personnel of teams and other persons possibly present.

The ISU will also install (among other things) inclined crowd control barriers and distancing lanes on several location of the venue.

OUTDOOR (CYCLING) TRAINING

- Skaters and team staff are allowed to go outside for outdoor cycling/running training but are prohibited to interact with the public and must strictly observe the specific distancing measures between skaters/personnel of teams and the public possibly present along their cycling/running route.
- Outdoor training must be registered with the ISU Event Manager. A form will be provided on site.

NOTE: it is strictly forbidden to use this option to travel to any crowded locations like shopping malls, supermarkets and/or city centers.

SPECIFIC MEASURES ON COMPETITION DAYS OF THE ISU EVENTS

Each team must observe the following measures for all the people it designates for Level 1:

WARM-UP AREA AT THE VENUE

- Compliance with the dedicated protocol (sent separately and including timeslots) for the use of the warm-up area during competition days.
- Arrive on site in time for the assigned/reserved warm-up timeslot. The warm-up area entrance will be closed/off limits to everyone who is not part of the Competition Bubble (i.e. no guests, media, etc.).
- Leave the warm-up area in time by the end of the timeslot.

Reminder: nobody from outside the Competition Bubble is authorized inside warm-up area nor the team buses/cars. Skaters and personnel must wear face masks and observe the other general health rules when leaving the bus/cars and in the warm-up area.

(DEDICATED) CLEANING SERVICE

All Team areas and facilities will be cleaned extra during the day. A dedicated cleaning service is assigned to the infield to clean Team areas in between distances.

INTERACTION WITH THIRD PARTIES AND THE PUBLIC

Skaters and team staff are not allowed to interact with the public and must strictly observe the specific distancing measures between skaters/personnel of teams and possible present public.

INTERACTION BETWEEN SKATERS AND TEAM STAFF DURING THE COMPETITION

The ISU requests the teams to jointly draw up a common agreement and a specific charter of good conduct regarding their behavior during the competition (e.g. restricting spitting in the stadium, keeping a clean infield...) and to undertake to observe it.

OUTDOOR CYCLING TRAINING

- Skaters and team staff are allowed to go outside for outdoor cycling/running training but are prohibited to interact with the public and must strictly observe the specific distancing measures between skaters/personnel of teams and the public possibly present along their cycling route.

SPECIFIC MEASURES DURING PODIUM CEREMONY OF THE ISU EVENTS

Each team must observe the following measures for all the people it designates for Level 1:

PODIUM CEREMONY

- Access to the protocol area after the distance has ended is strictly limited on the basis of a list of persons predefined by ISU (e.g. team assistants, TV production and flash interview personnel, anti-doping personnel, ISU TC Representative, community manager of the ISU World Cups, podium officials).
- 1 Team assistant of the team staff may access the protocol area if they are part of the list of persons designated by the team at Level 1:

Note: skaters present on the podium will not go to the press room afterwards.

- The wearing of face masks is compulsory for all persons present in the protocol area (including the skaters as soon as they enter the area as well as during the official interviews carried out in the protocol area at ISU Events and NOS TV).
- Coordinated by Event Manager of the ISU Events, the skaters go up onto the podium.
- The ISU will take charge of creating media content (photos and videos) in this area (with a very small group of photographers and other people who are part of the organization) and will provide this material to the teams free of copyright.

MIXED ZONE INTERVIEWS

- The ISU will provide “media boxes” between the infield zone and the team bus parking area, to the sides of the main route taken by the teams:
 - o Zones reserved for accredited media to the ISU Events, subject to the observance of distancing and health measures stated in a set of specifications sent to the media in attendance.
 - o The possibility of organizing interviews upstream (coordination possible via ISU Media) or spontaneously in this area dedicated to media accredited to the ISU Events.
 - o All skaters and each team managers must pass through the mixed zone after the finish.
 - o The wearing of face masks for skaters and team members is compulsory, including during interviews.

- In addition to the official interviews in the protocol area carried out by ISU and NOS TV as well as those given in the mixed zone, certain TV rights holders channels may wish to invite a skater onto their TV sets located in the technical infield area of the ISU Events.
 - o These interviews on TV sets are authorized under the condition that they are accepted by the teams, and that TV stations strictly observe the health and distancing measures established.

Each interviewed skater may be accompanied by 1 other person (press officer or assistant) who is part of the Competition Bubble of the team in the technical area.

Note: Access to the technical infield area of the ISU Events will be exclusively reserved to the persons concerned.

INTERACTION WITH THIRD PARTIES AND THE PUBLIC

- Interaction with the public by skaters and team members is prohibited.

Note that currently a limited amount of persons will be allowed to be present in the stadium of the ISU Events, that any spectators must wear a face mask and that awareness-raising measures will be implemented by the ISU for the public.

- Strict observance of the pathway between the stands and the rink.

APPLICATION OF THE REGULATIONS AND OBLIGATIONS

- As a condition to be able to participate in the ISU Events and/or be part of the Competition Bubble (and obtain a “Competition Bubble” accreditation), each team member concerned (skaters and staff) must accept and respect the terms of these “health regulations”.
- During his/her presence in the ISU Events, every concerned person in the team must immediately notify his/her team official (who will advise the Medical Cell of the ISU Events):
 - o If a test (other than those referred to in this document, whose results are shared with the ISU Medical Advisor and the Medical Cell of the ISU Events) for Covid-19 is positive;
 - o If he/she starts to present signs and symptoms of Covid-19;
 - o If he/she has come into close contact with a person suffering from Covid-19 symptoms.

Note: The signs and symptoms of Covid-19 are: high temperature, cough, shortness of breath, fatigue, headaches, rhinitis, sore throat (pharyngitis), the loss of taste or smell, skin rash and/or discoloration of the fingers or toenails and/or any other symptom that the World Health Organization may define at any given time:

https://www.who.int/health-topics/coronavirus#tab=tab_3.

That person should immediately place themselves under quarantine (e.g. in an isolation room set up for the purpose in each hotel of the ISU Events) and follow the instructions of their team official and the Medical Cell of the ISU Events.

- Each team should examine and review its procedures to ensure that people who take part in the ISU Events in their own name (and particularly those who are part of the Competition Bubble) are persons whose presence in the ISU Events is essential for the safe and successful organization of the team and for the safe and successful organization of the ISU Events.
- Each team must provide its skaters and staff with copies of these health regulations (and any amendment that may be made to them), and must ensure that those persons are fully informed of the requirements stated in the health regulations and ensure that those persons observe the requirements of the health regulations.
- Each team must allocate sufficient resources to immediately cover, for its skaters and staff, the requirements stated in these health regulations, including (but not restricted to) the organization of prior tests (before the start of the ISU Events) as described in these health regulations, plus the procurement and supply of face masks in sufficient quantity to ensure their replacement after 4 hours of use, together with other PPE (personal protective equipment) as may be required.

- Each team (and team official in particular) must continuously monitor and immediately inform the Medical Cell of the ISU Events if circumstances arise during the event that indicate that a member of the team is no longer -or may not be- able to participate/be present in the ISU Events under the conditions described above (positive test for Covid-19, presence of Covid-19 signs and symptoms, close contact with a person suffering from Covid-19 symptoms, underlying health problems or other major risk factors that are specific to Covid-19 and create risks for the person in question or for others...), bearing in mind all the applicable risk factors in the guidelines issued at national level and by the World Health Organization.
The team must then cooperate with the Medical Cell of the ISU Events to deal with the situation, including the withdrawal of the person in question from the ISU Events if the ISU and/or the Medical Cell of the ISU Events requires so.
- Each person in the team undertakes to undergo any further tests required (e.g. a body temperature check) and/or administered by national or local authorities.
- Outside the official sites of the ISU Events, each team member must observe the specific hygiene measures indicated by his/her team (e.g. hand hygiene/washing, the use of alcohol-based wipes, PPE). Each team must provide PPE and other resources that team members need to observe the mitigation measures. (The term "PPE" refers to individual protective equipment such as a face mask, a medical face mask, goggles, gloves, etc.).
- Each person in the team must follow any extra, general or specific mitigation measures implemented by the ISU for the ISU World Cups, such as regular and efficient hand washing (using alcohol-based disinfectants wherever possible), the observance of single-direction pathways and/or markings on the ground to facilitate distancing, and the wearing of PPE.
- All medical face masks and other PPE used must be treated as clinical waste and disposed of in closed garbage bins (either those in the hotels or those supplied at the venue of the ISU Events).
- Any material non-compliance with the requirements of these health regulations must be notified to the Covid-19 Manager of the ISU Events without delay.
- A decision by the ISU and/or the Medical Cell of the ISU Events to exclude a team member and/or to deny him/her access to the ISU Events based on an assessment whereby the person concerned is (or could be) infected is final and may not be challenged, whatever the reasons and circumstances.
- While the protocols and measures stated in these health regulations are designed to reduce the risk of transmission of Covid-19, each team and team member acknowledges that it is not possible to eliminate the risk completely. Each person in the team assumes the risk of illness or its consequences linked to Covid-19 as a result of his/her participation or presence in the ISU Events, and accepts (in his/her own name and that of his/her successors and/or assigns) that the ISU, its employees and the ISU Events organizer do not assume any liability regarding such illness and its consequences unless it is proven that the illness is the consequence of willful misconduct or serious negligence on the part of the ISU.
- The non-application of the measures and commitments stated above (irrespective of the testing protocol prior to the start of the ISU Event, the management of testing during the ISU Competition Bubble and all the possible consequences linked to and stated in the management of a suspected or confirmed case of Covid-19) may give rise to sanctions against the person(s) and/or team(s) held responsible. The ISU reserves the right to take more or less severe sanctions against the person(s) and/or team(s) held responsible,

depending on the seriousness of the breaches observed and whether there were repeated breaches of regulations. Sanctions can range from a simple call to order, through a temporary withdrawal of accreditation, to the permanent withdrawal of a person's accreditation on the ISU Events. For any serious breach, the ISU may take other possible sanctions.

- Any exception to the measures and rules stated in these health regulations must be validated by ISU (via the Covid-19 Manager of the ISU Events), unless the observance of one of the measures or rules compromises the security or observance of transnational, national and local laws and regulations applicable to the ISU Event, including any laws and regulations related to Covid-19.
- These regulations and any claim or dispute arising from them will be exclusively governed by Dutch law and interpreted in accordance with it, without taking into account the principles of conflict of laws that may be imposed by another jurisdiction.