

International SAMBO Federation

Safety and Prevention Recommendation for Organisers
and Participants at the International SAMBO Events



FOREWORD

Dear Organizers of International SAMBO Events,
Dear Athletes, Coaches and Athletes Support Personnel,

The current situation regarding SARS-COVID 19 pandemic has affected all continents of the world and has had an impact on all aspects of society, including sport. However, the worldwide health situation is changing constantly, and some countries and regions were able to cope with a pandemic or significantly improve the epidemiological situation.

To date, medical professionals are using improved methods of treatment and prevention, testing of COVID-19, and rehabilitation after the illness. The scientific component is also developing, and it is highly likely that a vaccine will be created soon.

The most important thing to all of us is to ensure the health of athletes and not to spread the COVID-19 disease any further. To ensure this, the FIAS strongly recommends that all National SAMBO Federations and its affiliated members follow their local Government advice and World Health Organization (WHO) guidelines.

SAMBO, our sport, taught us to be strong and ready for various challenges, and to develop our best qualities. The personal responsibility of everyone for the implementation of hygiene standards and rules will help us ensure the safety of joint activities, overcome temporary difficulties, and achieve our joined goals.

I sincerely wish all of you good health and well-being, to remain safe and look forward with optimism and hope.

Yours sincerely,



Mr. Vasily SHESTAKOV

FIAS President

1. INTRODUCTION

This document has the goal to inform, guide, and assist the organizing committees of international SAMBO events and to ensure its participants maximal safety prior and during the SAMBO competitions. It has been created following the World Health Organisation (WHO) recommendations, International Olympic Committee recommendation, International Labour Organisation (ILO) and with the participation of the FIAS Medical and Anti-Doping Commission.

WHO has also developed, a special document addressed to sport event organizers focused on providing additional support in assessing specific risks, identifying mitigation activities, and making an informed evidence-based decision when planning mass gathering in the context of COVID-19.

Under no hypotheses these recommendations intend to replace any regional or local restrictions or policies issued by governments and health authorities; they are a supplementary material to help National Federations, athletes and their entourage, coaches, judges, and fans to restore competition routines with correct management to prevent the spread of the COVID-19 virus in sport. As in these unprecedented times the development of events is extremely fast and staying updated throughout the official local government communication channels is paramount for the whole sports community.

Remember to always respect the social distance and respiratory etiquette, washing hands regularly and correctly, using nose/mouth masks in certain circumstances, and avoiding shaking hands and hugging.

2. GENERAL INFORMATION

The following information on this topic has been provided by the WHO:

“Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.











Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol-based disinfection, rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it is important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

In order to recognize the symptoms of the virus and to avoid further spread within the participants at SAMBO competitions please see image below:

Understand the symptoms

	COVID-19	Colds	Flu
 Aches and pain	Sometimes	Rare	Common
 Cough	Common (usually dry)	Common	Common (usually dry)
 Diarrhoea	Rare	No	Sometimes (children)
 Fatigue	Sometimes	Sometimes	Common
 Fever	Common	Rare	Common
 Headache	Sometimes	Common	Common
 Runny or stuffy nose	Sometimes	Common	Sometimes
 Shortness of breath	Sometimes	No	No
 Sneezing	No	Common	No
 Sore throat	Sometimes	Common	Common



Source: <http://media.healthdirect.org.au/publications/COVID-cold-flu-symptoms.pdf>

3. SAFETY MEASURES: EVENT PLANNING

In terms of competitions, the organising committee of SAMBO event should have in mind that sports activities have changed completely, and this is going to last a long time. It is very possible that, especially in the beginning, many will not be comfortable to take part in activities with a certain number of people. It is also natural that after competitions commence, public authorities will probably restrict crowds and, consequently, public presence may be prohibited. Specific regulations regarding social distancing in spectator areas, as well as protocols for regulating entry and exit, will be needed.

The key safety measures address the specific issues that should be taken into consideration when planning a sporting mass gathering event. The table below provides an overview of and background

information on some of these additional measures, including recommendations to prevention of spread COVID-19 that will also be captured during the International SAMBO Event:

FOCUS TO	SAFETY RECOMMENDATIONS	COMMENTS
Risk communication	Ensure official approval from the state/regional health authorities that the event could take place	Discuss event strategy with local hygienic station to be sure the plan is compliant with all rules
Size of the event	The limit to number of participants per square meter may be given by event organiser based on recommendation of national authority	If the event organizer cannot ensure adequate size of the event to compel with FIAS Sport and Organizational Rules the event should not take a place
Event venue location	To use the outdoor venue is recommended by WHO in time of pandemic. If not possible the indoor venue should be ventilated.	Physical dictating must be respected
Event venue facilities	An isolation room/space identified to hold any symptomatic person found at the venue while awaiting patient transport to a medical facility is necessary.	Requires liaison with the venue owners to ensure the facilities do or can comply with WHO and national recommendations during the COVID-19 pandemic.
Pre event communication	Pre-travel and pre-event health checks are highly encouraged/mandatory to ensure exclusion of those with potential additional risks (co- morbidities, medications, allergies). The PCR test should be reported negative by each accredited participant of the event.	Competitors of sporting events tend to be younger and healthier than spectators. However, some competitors, coaches and support staff may have underlying health conditions.
Pre event preparation	<p>To be considered and putted in competition rules:</p> <ol style="list-style-type: none"> a. daily health check of competitors b. physical (at least 1 meter) separating of c. officials, spectators and support staff d. thorough disinfection and cleaning after/between bouts/competitions e. sharing of equipment should be prohibited, in particular ensuring that water bottles and cups are not shared f. consider safe utilization of the closed containers for all disposable and reusable hygiene materials (e.g. tissue, towels, etc 	Higher risk sports include contact sports. Physical and close contacts among players increases risk of transmission of COVID-19.

4. SAFETY MEASURE: RULES FOR EVENT ORGANISER DURING THE EVENT

Several world and non-governmental organizations, including health organizations is working hardly to put in place safety measures to reduce the spread of the coronavirus further. This means that the situation is complex and in order to keep it controlled and has reached a massive international scale FIAS Medical and Anti-Doping Commission introduces additional requirements for organisers of the international SAMBO competitions and other FIAS events.

Medical and safety measures at sambo competitions to be respected by event organiser:

- a) purchase of contactless thermometers (3-4 pcs.) for rapid temperature measurement in the participants of the competitions;
- b) daily check of body temperature of athletes both (on weighing, in the morning before entering the sports arena, selectively during the day); measurement of body temperature by contactless thermometers should be carried out by medical personnel or security at the entrance to the sports arena;
- c) checking the body temperature of staff, judges, journalists, and any other persons in the competition or warm-up area; measurement of body temperature by contactless thermometers should be carried out by medical personnel or security at the entrance to the sports arena;
- d) in case of elevated body temperature (over 38 °C based on WHO recommendations) in athletes, judges or any other person, they should be disqualified from participating in the competition due to medical conditions and isolated from other participants of the tournament;
- e) competition area, warm-up area, locker rooms must be treated with chlorine every day;
- f) the competition area, warm-up area and dressing rooms should be equipped with portable quartz lamps, which should be switched on all night. The number of lamps must correspond to the area of the room;
- g) competition areas, warm-up areas, dressing rooms, toilets and showers should be equipped with hand sanitizers and towels for single use
- h) medical personnel should be provided with face masks, contactless thermometers, gloves, disinfectants and other necessary medical and antiviral drugs;
- i) competition organizers must have officially confirmed information from the city's medical facilities, proving their readiness to provide immediate medical assistance to the participants of sambo tournament in case they become infected with COVID-19;
- j) health facilities serving the tournament must have artificial lung ventilators, antiviral medications, COVID-19 diagnostic tools and other necessary infectious diseases control tools;
- k) we recommend judges, officials and staff of sambo competition to observe personal hygiene rules and have personal minimum medical kits (respiratory masks, wet wipes, hand sanitizers, antiviral nasal drops and ointments, etc.);
- l) tournament organizers are not recommended to organize spectators and fans in the stands of the tournament;
- m) there shall be the adequate number of doctors and nurses at the competitions based on FIAS Medical Rules and current pandemic situation, a resuscitation team with resuscitation equipment and minimum 2 ambulances
- n) all of the above safety measures should also be extended to hotels and their restaurants where the accredited participants of the event will reside;

- o) the medical delegate and other physicians at the tournament should advise judges and staff on personal hygiene rules to prevent infection with the virus;
- p) the FIAS medical delegate must arrive and inspect all facilities related to the tournament (hotels, restaurants, sports complex, weighing areas, etc.)

The organizers of the competition, the chief referee of the competition, the medical delegate and the medical teams serving the tournament are responsible for coordinating and controlling the implementation of these measures and requirements.

These requirements are mandatory for all participants and organizers of sambo competitions. Failure to comply with the requirements may be a reason for disqualification of the participants of the competition

Different national and regional approaches to the gradual recommencement of normal activities will be predictable. A crucial concern for organizations is to be aware that at any time, the restart process may be required to stop, because of emerging contamination issues in the sport, local, town, or region.

5. SAFETY MEASURE: RULES FOR ACCREDITED PARTICIPANTS OF THE EVENT

Several world and non-governmental organizations, including health organizations is working hardly to put in place safety measures to reduce the spread of the coronavirus further. This means that the situation is complex and in order to keep it controlled and has reached a massive international scale FIAS Medical and Anti-Doping Commission introduces additional requirements for accredited participants of the international SAMBO competitions and other FIAS events.

Medical and safety measures at sambo competitions to be respected by event participants:

- a. the participants must have minimal personal medical kits (respiratory mask, hand sanitizer, nasal antiviral drops, ointments);
- b. the team's doctor or the official representative must have antiviral drugs, hand sanitizers, respiratory masks, gloves, electronic contactless thermometers and other first-aid medications;
- c. we warn of the inadmissibility of arriving of sick athletes, coaches or other team members at competitions;
- d. in case of detection of elevated body temperature in athletes, coaches or other participants of the teams they will be disqualified of the competition and isolated;
- e. we warn all participants (athletes, coaches, referees, representatives, other tournament participants) about the introduction of a daily medical examination in the form of body temperature measurement before entering the sports arena;
- f. we recommend that all participants in the competition avoid or minimize staying in large crowds (public transport, shopping malls, super and hypermarkets), stayed in such establishments in respiratory masks;
- g. we recommend you use hand disinfectant sprays regularly during flights and at airports;
- h. we recommend that all participants follow the rules of personal hygiene in the official championship hotels;
- i. we recommend that you stick and not use the airconditional systems in the hotel;

- j. we recommend that you follow the rules of personal hygiene in hotel restaurants and other food establishments;
- k. in case of weakness, cough, fever, dizziness, indigestion and other suspicious symptoms in team members, immediately inform medical staff, medical delegate, coach or team physician;
- l. we ask you to be careful and attentive, and in case of suspicion of one of the participants in the concealment of the disease, inform FIAS medical delegate;
- m. team members should be instructed by the team doctor or other responsible persons.
- n. national team members and the delegation should be informed of the possibility of disqualification and further isolation in case of detection of COVID-19 symptoms
- o. in case of arrival of a sick person, the national sambo federation and its official representative are responsible for the life and health of the athlete or the delegation.
- p. if athletes or members of the official delegation get infected during the competition, they will be provided with medical assistance by the appropriate medical establishment in the city that hosts the sambo sports event

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Different national and regional approaches to the gradual recommencement of normal activities will be predictable. A crucial concern for organizations is to be aware that at any time, the restart process may be required to stop, because of emerging contamination issues in the sport, local, town, or region.

6. TRAINING RECOMMENDATIONS FOR COACHES AND ATHLETES DURING THE EVENT

The training venue and facilities during the event should have the same standards as condition necessary to run SAMBO event. FIAS stress the following recommendations to reduce the general risk of transmission of a potential infection:

- All regulations regarding the use of sport facilities must be strictly adhered to.
- Daily disinfection and cleaning of sport facilities after/between training.
- Sharing of equipment must be prohibited.
- Training in small groups is highly recommended.
- Daily health check for all participants, including thermometry.

Please note that under no hypotheses these recommendations intend to replace any regional or local restrictions or policies issued by governments and health authorities. It is a supplementary material to help our athletes and their entourage, coaches, and judges to restore training and competition routines.

References:

- Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19: interim guidance
<https://www.who.int/publications/i/item/considerations-for-sports-federations-sports-event-organizers-when-planning-mass-gatherings-in-the-context-of-covid-19-interim-guidance>

- Key planning recommendations for Mass Gatherings during COVID-19 <https://www.who.int/publications/i/item/key-planning-recommendations-for-mass-gatherings-in-the-context-of-the-current-covid-19-outbreak>
- Advice on the use of masks in the context of COVID-19 [https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-outbreak](https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak)
- Covid-19 Infographics - <https://www.who.int/westernpacific/emergencies/covid-19/information>

Questions:

If you have any questions about this document, please contact FIAS at: swissoffice@sambo-fias.com

Appendix 1 – Safety use of face mask

HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.