



MANCHESTER 2021 PARA POWERLIFTING WORLD CUP COVID-19 INFORMATION & PROTOCOLS FOR ATTENDEES

This document contains essential information that will help you in your preparation for and during your attendance the World Cup in Manchester.

There are some important actions you will need to take to ensure you are able to travel to the event. Please read the information below and at the enclosed links carefully and if you have any questions, please get in touch with us at manchester2020ppwc@mls.gb.co

Our Covid Protocols are developed using the UK Government Elite sport – return to cross border competition guidance. Please use the link below for more information.

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/elite-sport-return-to-cross-border-competition-guidance>.

All other existing UK government and Public Health England (PHE) guidance will continue to apply unless otherwise specified within their guidance and updates are provided which supersede advice used in this document.

Travel to the United Kingdom

The Manchester 2021 World Para Powerlifting World Cup is recognised by the UK Government as an **Elite Sport Event** so please be assured that your travel to and from the UK and activities at the event are permitted to go ahead under a special exemption. Please see further important information below about requirements and exclusions you need to be aware of:

Elite Sport Event Status and LOC letter

Everyone travelling to the event must have one of these letters distributed by the LOC. Individuals should carry a hard copy of the letter when travelling to the event. These have been completed from the information provided your NPC's / NMO or WPPO.

If there are any issues with the personal information contained in the letters, please contact manchester2020ppwc@mls.gb.co

Quarantine Exemptions and Requirements

As you are travelling to participate in an Elite Sport Event, you can enter the UK without the requirement to quarantine because of the Covid-19 control measures put in place for the event, as long as you adhere to the following conditions:

- You must travel directly from your point of entry into the UK to the official event hotel
- You must not leave the official event hotel/competition venue bubble for any reason
- You must travel directly from the official event hotel to your exit point from the UK

If your country is on the UK Government's 'red list', you will not be able to travel to the UK. [Please check here for a list of countries which currently cannot travel to the UK](#). If you are starting your journey in one of the countries on this list, you do not qualify for the elite sport exemption unless you travel via another country and have completed quarantine there.

PLEASE NOTE – QUARANTINE EXEMPTION DOES NOT APPLY IF THE FOLLOWING OCCURS AND YOU WILL NEED TO SELF ISOLATE BY UK LAW:

- If you have a positive test on arrival or at any point during the event you will need to self isolate (additional testing can take place).
- The Event Doctor or Event Covid Officer asks you to self isolate due to a concern of COVID-19. Eg. If you are showing COVID-19 Symptoms or are a Close Contact of a positive test.
- UK Government Public Health Test and Trace informs you to self isolate.



Covid-19 Testing: Travel and Arrival into the UK

When you arrive in the UK you must provide evidence of a negative PCR Covid-19 test, taken in the 72 hours before the service on which you will arrive in England departs. You must take a test even if you have had the Covid-19 vaccine.

You will require evidence of your negative test result for your Passenger Locator Form (see below) and upon arrival at the official event hotel. The results of the test must be in English, French or Spanish.

Please make sure you review and understand the UK Government advice for travelling to the UK and Covid-19 testing requirements, which you can find here:

<https://www.gov.uk/uk-border-control/before-you-leave-for-the-uk>

<https://www.gov.uk/guidance/coronavirus-covid-19-testing-for-people-travelling-to-england>

Passenger Locator Form

You must also complete an online **Passenger Locator Form** before you arrive in the UK. You can submit the form any time in the 48 hours before you arrive. The LOC will provide you with information relating to the event's Elite Sport Event status, which you will need to complete the form.

You can complete the Passenger Locator Form online here:

<https://www.gov.uk/provide-journey-contact-details-before-travel-uk>

In order to help complete the Passenger Locator Form when asked please select "no" to self-isolation and "no" to testing.

Travel Bans or Flight Cancellations

If you are unable to travel to the event due to a travel ban imposed by your government or the UK and/or if you are unable to travel to the UK because there are no flights, please contact the LOC immediately at manchester2020ppwc@mls.gb.co and we will assist you in obtaining a refund.

Please be aware that there are government sanctions in place for anyone travelling to the UK who does not follow the rules.

Extended Stay Costs due to Enforced Self Isolation at the Event Hotel

As outlined in all Event Webinars your NPC is required to provide the event hotel with a credit card to cover any additional expenses linked to extended stays due to COVID-19. You will be required to submit a completed Radisson Blu 3rd Party Form prior to check in.

Accreditation

Event Accreditation will only be distributed once we receive your Negative COVID-19 Test result.

You will have to wear your accreditation at all time except when competing or training.

If you are seen without your accreditation on this will be an infringement of the Covid-19 rules at the event and you may be subject to sanctions.



Covid-19 Safety at the Competition

The welfare of teams, officials and the event workforce is our highest priority, so the organising committee is working extremely hard to ensure the event is as safe and secure as possible.

Further information about the Covid-19 management planning for the event can be found below:

Testing and Screening

Upon arrival at Manchester 2020 you will be required to take a PCR Test. You will need to return a negative test result in order to enter the “Event Bubble”. **If you return a positive Covid-19 test after arriving in the UK, you will be required to self-isolate for 10 days as per the UK government law**

A second Covid-19 test (Lateral Flow Test) will be carried out on Day 3 of competition.

The costs of both tests (PCR Test upon arrival and Lateral Flow Test on Day 3 of competition) will be the responsibility of the Local Organising Committee.

Temperature checks and other symptom-management processes will also be used throughout the event, both in the hotel and the competition venue. Anyone displaying symptoms will be referred to the event COVID medical officer, who will make an assessment on whether a COVID-19 test is required. Again, if you test positive you will be required to self isolate for 10 days under UK law.

If at any time you experience symptoms of COVID-19 you should isolate in your room and contact the event COVID officer on 07497 939663, who will organise a COVID-19 test for you.

Transport to the Competition Venue

All travel will be on private coaches with social distancing in place during travel, and detailed cleaning protocols between trips.

You will only be permitted to leave the hotel to travel to the competition venue on the day you are competing, and you must not leave the hotel grounds for any other reason during your stay.

Only athletes competing in the session and one other person (e.g. coach) will be allowed to travel on the transport to the venue.

Social Distancing and PPE

Social distancing (2 metres) must be adhered to throughout the event, apart from in specific areas where it is not possible to maintain a 2-metre distance such as training, warm-up and competition.

Personal Protective Equipment (PPE) will be in use throughout the event. Every attendee will be given a face covering and must wear it all times unless they have evidence of a medical reason not to. Athletes do not have to wear a face covering when they are competing.

Minimise Interaction

- Keep 2 Metres Apart
- Avoid Physical Contact
- Maximum 2 People per Elevator at the Hotel.
- Avoid Visiting Other Hotel Rooms



Think Hygiene

- Regularly Wash hands / Use Sanitiser supplied throughout the venues.
- Wear a face Covering in Public Areas
- Cough/Sneeze into your Mask, Sleeve or Tissue

Catering

On arrival your Evening Meal & Breakfast the following morning will be delivered to your room.

Once you receive a negative Covid-19 Test result, you will be allowed to leave your room and meals can be collected from Floor 1 at the hotel. All meals must be eaten in your hotel room.

Code of Conduct

A Code of Conduct for teams, officials and event staff is in place at this event. The Code of Conduct will be strictly monitored and no accreditation will be issued without agreeing to it in advance.

Spectators

There will be no spectators at the Manchester 2021 Para Powerlifting World Cup, with the competition taking place behind closed doors. There will be strict controls in place regarding who can access the competition venue. Athletes and coaches will only be able to attend the competition venue for taking part in their weight category.

Leaving the UK

If you require a negative Covid-19 PCR test to return to your home country you can book and pay for this through the link below.

<https://travel.livingcare.co.uk/appointment/world-para-powerlifting-world-cup-2021-pcr-swab-test/>

The cost of this test is £95 per person

The deadline for booking return PCR tests is Thursday 25th March.

This test will be carried at the Radisson Blu on Saturday 27th March. The LOC will inform you of your allocated timeslots when you are in Manchester.

The Manchester 2021 Para Powerlifting World Cup will be very different to the competition you attended in February 2020 but we hope you understand that these measures are essential for us to be able to stage a safe event for everyone involved.

We thank you for your support in helping to make this competition safe and enjoyable for everyone attending.

If you have any questions about the event, please contact the LOC by emailing manchester2020ppwc@mls.gb.co

Best wishes,

**Manchester 2021 Para Powerlifting World Cup
Local Organising Committee**



COVID-19 HEALTH AND SAFETY REMINDER



TO PROTECT YOURSELF AND OTHERS
AT THE EVENT YOU MUST:

MINIMISE INTERACTION WITH OTHERS



KEEP 2 METRES APART



AVOID PHYSICAL
CONTACT WITH OTHERS



NO MORE THAN
TWO PEOPLE IN A LIFT



AVOID VISITING
SOMEONE ELSE'S HOTEL ROOM

THINK HYGIENE



WASH YOUR HANDS REGULARLY
AND USE HAND SANITISER
WHERE AVAILABLE



WEAR A FACE COVERING
IN PUBLIC SPACES



COUGH/SNEEZE
INTO YOUR MASK,
SLEEVE OR TISSUE

**WHAT TO DO IF YOU FEEL UNWELL:
IF YOU FEEL UNWELL OR DEVELOP SYMPTOMS OF COVID-19,
PLEASE CALL THE EVENT MEDICAL HOTLINE ON +44 7497 939 663**



COVID-19: ПАМЯТКА ПО ОХРАНЕ ЗДОРОВЬЯ И БЕЗОПАСНОСТИ ЧТОБЫ ЗАЩИТИТЬ СЕБЯ И ОКРУЖАЮЩИХ ОТ ЗАРАЖЕНИЯ, ПРИ ПРОВЕДЕНИИ МЕРОПРИЯТИЯ ВЫ ДОЛЖНЫ:

СОКРАТИТЬ ДО МИНИМУМА ОБЩЕНИЕ С ДРУГИМИ ЛЮДЬМИ



СОБЛЮДАЙТЕ РАССТОЯНИЕ
НЕ МЕНЕЕ 2 МЕТРОВ ДРУГ
ОТ ДРУГА



ИЗБЕГАЙТЕ ФИЗИЧЕСКИХ
КОНТАКТОВ С ДРУГИМИ
ЛЮДЬМИ



НАХОЖДЕНИЕ В ЛИФТЕ
БОЛЕЕ ДВУХ ЧЕЛОВЕК
ЗАПРЕЩАЕТСЯ



ИЗБЕГАЙТЕ ПОСЕЩЕНИЯ
НОМЕРОВ ДРУГИХ
ПОСТОЯЛЬЦЕВ ГОСТИНИЦЫ

СЛЕДОВАТЬ ПРАВИЛАМ ГИГИЕНЫ



ЧАСТО МОЙТЕ РУКИ, ПО
ВОЗМОЖНОСТИ ПОЛЬЗУЙТЕСЬ
АНТИСЕПТИЧЕСКИМИ
СРЕДСТВАМИ ДЛЯ РУК



ПРИ ПОСЕЩЕНИИ
ОБЩЕСТВЕННЫХ МЕСТ НОСИТЕ
ЗАЩИТНУЮ МАСКУ



КОГДА КАШЛЯЕТЕ ИЛИ ЧИХАЕТЕ,
ОБЯЗАТЕЛЬНО ПРИКРЫВАЙТЕ
РОТ И НОС МАСКОЙ,
РУКАВОМ ИЛИ САЛФЕТКОЙ

ЧТО ДЕЛАТЬ, ЕСЛИ ВЫ ПЛОХО СЕБЯ ЧУВСТВУЕТЕ
ЕСЛИ ВЫ ПЛОХО СЕБЯ ЧУВСТВУЕТЕ ИЛИ НАБЛЮДАЕТЕ У СЕБЯ СИМПТОМЫ
КОРОНАВИРУСНОЙ ИНФЕКЦИИ COVID-19, ЗВОНИТЕ ПО ТЕЛЕФОНУ НАШЕЙ ГОРЯЧЕЙ
ЛИНИИ МЕДИЦИНСКОЙ ПОМОЩИ: +44 7497 939 663