



**Bangkok 2021**  
**World Para Powerlifting World Cup**  
**May 6 – 8**

**TEAM INFORMATION**  
**WEBINAR 22 April 2021**

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# 1. What is an “Organization Quarantine” also called Event Bubble



- The “Organization Quarantine” is designed to reduce the amount of contact you will have with anyone who is not involved in the competition.
- The Protocol applies to all accredited individuals including athletes, staff, technical officials, contractors and volunteers during the Event.

**We are all responsible for protecting each other by staying inside the bubble.**

## 2. General hygiene and safety measures



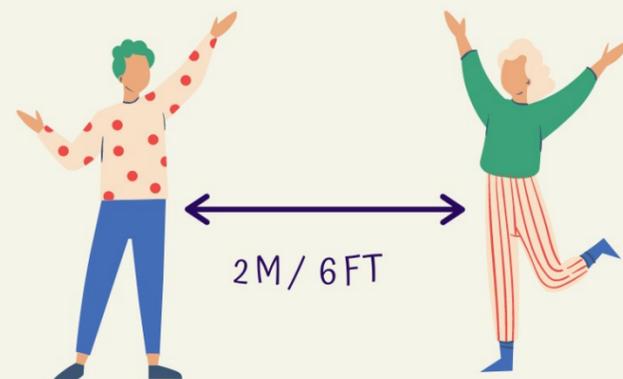
- **Face mask/covering** must be worn at all times
- From the moment you arrive in Thailand, you must follow **2 metre social distancing** all times.
- The only time you can be closer than 2 meter to another person is an athlete and coach during training, warm up or competition or between an athlete and a therapist.  
In this situation you must ensure you are using personal protective equipment; face mask/covering, gloves etc.
- Any team that has a therapist must inform a LOC staff present in the command room, situated between the lifts and the competition venue, each day the therapist will go to an athlete room and notify the duration time.

# STOP THE SPREAD



**WASH YOUR HANDS  
FREQUENTLY AND WEAR MASK  
OR FACE SHIELDS AT ALL TIMES**

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Always wear you mask or face shield at all times



**MAINTAIN  
PHYSICAL DISTANCING**

Maintain at least 2 meters (6 feet) distance between yourself and anyone who is coughing or sneezing.



**AVOID TOUCHING EYES, NOSE  
AND MOUTH**

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



**IF YOU HAVE A FEVER, COUGH  
AND DIFFICULTY BREATHING,  
SEEK MEDICAL CARE EARLY**

Please tell your staff of any wrong symptoms. Such as if you feel unwell. If you have a fever, cough and difficulty breathing.



# Coronavirus Awareness

Every individual in the event bubble will go through **3 PCR Tests onsite;**

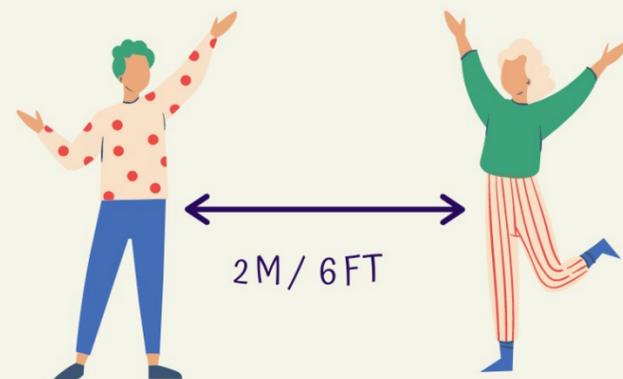
- 1st PCR Test covered by the LOC when check-in into the hotel
- 2<sup>nd</sup> second PCR Test on 5/6 May
- 3<sup>rd</sup> PCR Test before you leave Thailand either on 8/9 May depending on the flight and each country's requirement.

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# Coronavirus Awareness

Please follow instructions on the posters at all times.

**Breach** of any of these rules may result in **removal of your accreditation and/or disqualification** from the Event, as well as **possible further action being taken by the LOC and/or WPPO.**

### 3. Before traveling to Thailand



- **Print or copy** your medical records, especially if you had been infected with COVID-19 in the past months. Or if you have been vaccinated, bring your vaccine certificate as well.
- Every person in your team must take PCR Test, and having **negative** result, within **72 hours before taking the flight** and leaving your home country.
- All participants will need a **Certificate Of Entry (COE)** to travel into Thailand for this event. This certificate will replace a regular visa and allow you to enter without quarantine. But on the condition that each team must travel together on the same date and return after the end of the competition on the same date as well.
- **Insurance:** Please make sure you have a medical insurance, including covid-19, for every person of your team. LOC recommend you to get as highest coverage as possible. This applies to every person travelling to Thailand.



## 4. When you arrive in Thailand

1. When you have completed passport control/ immigration office, then proceed to get your luggage.
2. After that take the Exit at ZONE C Gate 9/10. You will find Novotel hotel's staff waiting for you with the competition logo/emblem since they know your flights and the total number of each team.
3. The hotel staff will take you to Novotel by van in 5 minutes. Team from different country will be taken in different van. The van will be cleaned in between each team.
4. When arriving at the hotel, you will go into the PCR Testing area and complete the testing protocol.

## 4. When you arrive in Thailand



5. After testing each person will check into the hotel and go straight to their room. If several teams arrive at the same time at the hotel, some team will be taken to their rooms first and will be called down for testing later. When appropriate.
6. You must not leave your hotel room or have any contact with anyone individuals (including participants) prior to you receiving **confirmation of a negative test result**.
7. Meals will be delivered to your rooms during the entire event
8. **Accreditation** will only be delivered upon a PCR Negative test result from your 1<sup>st</sup> test onsite and communicated by the LOC.
9. Each person will be given a personal event pack. This will include a hand sanitiser, a face covering, and individual Chalk block with container and a copy of event protocol. The chalk block is for the athlete to be used for the whole event.



## 4. When you arrive in Thailand

### 4. If a person tests **positive** for Covid-19:

According to Thai Law, the individual will be taken to the partner hospital. He will be carefully diagnosed and tested again at least twice at different times and by different laboratories (labs).

With 2 consecutive negative results from 2 different labs, the person will be allowed to leave the hospital. The hospital in partner with the hotel and LOC is Princ Hospital, located 20-30 minutes ride from the Novotel.

### 5. **Close contact** to a positive case:

Should a participant be considered as a close contact, he will be requested to take another PCR test at his own cost and remain in its room until a Negative test result is received.

With a negative result, the individual can participate in the event again.

## 5. Training, Warm Up and Competition



- **Training** will be according to each country.
- The detailed training schedule will be provided when closer to the event
- The training schedule will be closely monitored and people will not be allowed to enter the training area if they are not on the schedule.
- Training equipment will be cleaned after each training session
- **Warm Up** equipment will be cleaned after each competition session
- **Competition** equipment will be cleaned after every attempt



## 6. Departing from Thailand

- Follow all departure directions related to the Event.
- Comply with all screening procedures and directions in relation to your return travel.
- If you test positive for COVID-19 up to 14 days after returning home, please contact the LOC to notify them.



**Please submit any question to:**

**Email** Bangkok Local organizing Committee: [thailandparapowerlifting.wc@gmail.com](mailto:thailandparapowerlifting.wc@gmail.com)

**& Copy** World Para Powerlifting: [info@worldparapowerlifting.org](mailto:info@worldparapowerlifting.org)

**Have a safe competition!**