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2014   
paralympic games

# Sochi 2014 Healthcare Guide





## Introduction



The Sochi 2014 Organizing Committee for the XXII Olympic and XI Paralympic Winter Games (Sochi 2014) is happy to welcome you, here in the southern part of Russia, on the Black Sea coast and in the friendly and hospitable City of Sochi.

Under the supervision of the IPC Medical & Scientific Department, and in accordance with the stipulation of the Olympic Charter and IPC Medical Code, Sochi 2014 has developed a comprehensive and integrated health care program for all Paralympic Games constituents.

During the Games medical services will be provided by a team of more than 2000 qualified medical specialists, who will gather in Sochi from all corners of the Russian Federation to do their best in delivering medical services during the Games time.

The medical services will be provided in:

- Athlete Medical Stations at all competition and training venues, arranged in accordance with the IPC requirements and International Sport Federation's (IF) requirements;
- Athlete Polyclinics in the Coastal and Mountain Paralympic Villages and Nordic Housing;
- Hospitals dedicated to athletes and Paralympic Family members;
- Medical facilities accessible for spectators, Paralympic Family members, ticketed spectators, media and workforce at all competition venues and certain non-competition venues (Olympic Stadium, Media Center, Paralympic Family Hotel, Olympic Park).

These services will be supported by a dedicated emergency medical transport system from venues to the Athlete Polyclinics and/or hospitals when necessary, using the resources of Municipal Ambulance Services of Sochi (EMS) and EMERCOM Rescue Helicopters (HEMS).

Consistent public health surveillance will include infectious and communicable diseases monitoring, regular sanitary inspections and testing for food, water and air quality control. A healthy living promotion, including a Tobacco-Free Policy and an HIV-awareness program will be also in place.

Welcome to Sochi, and enjoy the Games!

Yours sincerely,

**Alexey Pleskov**  
Chief Medical Officer  
Sochi 2014

**Konstantin Shatokhin**  
Medical Services  
Sochi 2014



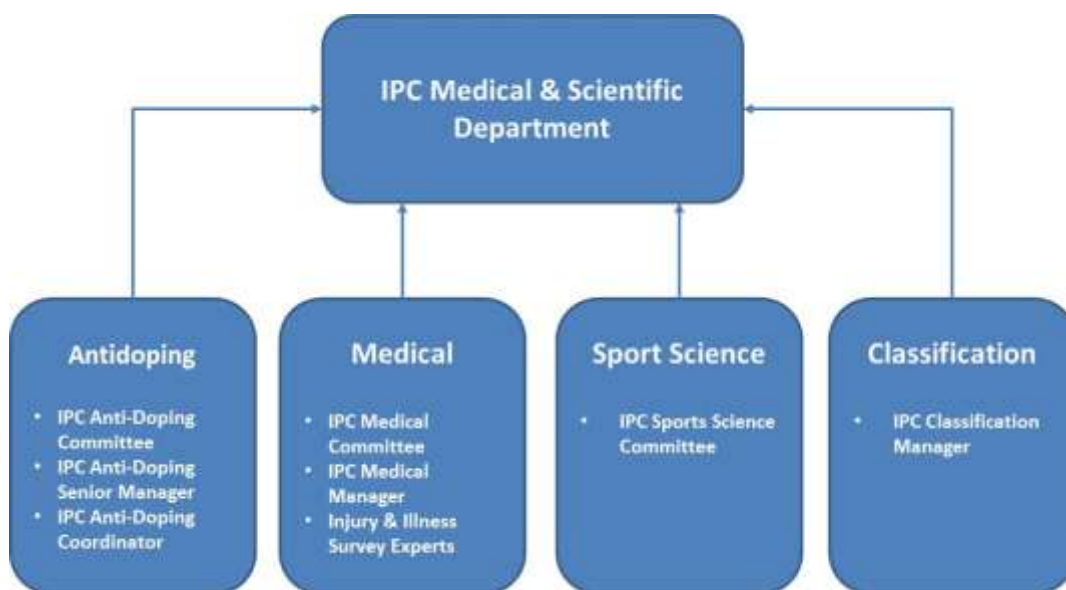
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# Medical Organization for Sochi 2014

## The IPC Medical Team



- IPC Medical Committee
- IPC Anti-Doping Committee
- IPC Sports Science Committee
- Classification

The information will be provided late 2013

## IPC Injury and Illness Prevention Study staff

The information will be provided late 2013

## The Sochi 2014 Medical Services Team

The information will be provided late 2013

## IPC Medical Code

The IPC Medical Code came into force on the January 1, 2013. It aims to further improve the safety of athletes participating in the Paralympic Movement.

The Sochi 2014 Medical Services encourage all medical professionals dealing with athletes to comply with the IPC Medical Code, and pay special attention to the following:

- respect fundamental rights of the athlete (human dignity, physical and mental integrity, protection of their health and safety, self-determination, privacy and confidentiality, right of information);
- make the health of the athletes as a priority and do no harm;
- ensure professional fitness-to-task assessment, including return to play decision (RTP);
- keep anti-doping awareness and promote the fair-play values;
- use the evidence-based medicine and the latest recognized medical knowledge;
- follow IFs recommendations on sport-specific medical services;
- support IPC research and scientific work aimed at minimizing the health risks associated with Paralympic sport.

IPC Medical Code is available from the IPC Handbook on the web at [www.paralympic.org/TheIPC/HWA/Handbook](http://www.paralympic.org/TheIPC/HWA/Handbook) (Section 2, Chapter 1.4)

# Sochi 2014 Medical Services Operations

## Sochi 2014 Medical Headquarters

Sochi 2014 medical services will be coordinated by the Medical Headquarters (MHQ), located at the Athlete Polyclinic of the Mountain Paralympic Village. MHQ will be operational 24/7, from 08:00 on March 1, 2014 until 20:00 on March 19, 2014.

The MHQ will:

- Maintain a constant network of communication with all medical teams at the Paralympic venues in both the Mountain and Coastal clusters, with the ambulance and helicopter services and with the Paralympic Hospitals;
- Coordinate staffing, logistics, administrative and resource management of the Sochi 2014 medical program;
- Monitor medical activity across all medical services, immediately collect information regarding any issues, and resolve them rapidly using internal or external resources;
- Report directly to the Main Operations Centre and the Sochi 2014 Chief Medical Officer, and communicate when necessary with the NPC Chief Medical Officers (CMOs);
- Assist in the coordination of any emergency responses;
- Maintain networks with external agencies, including the Ministry of Health of the Krasnodar Region, the Federal Ministry of Health, the National Health Protection Agency (Rospotrebnadzor), EMERCOM (the Ministry of Emergency Situations), the designated Paralympic hospitals and other external counterparts.

## Medical encounter system

Medical encounter details will be entered into the Atos Origin Medical Encounter System at data entry centers located at the two Athlete Polyclinics. Medical Encounter Forms will be filled in at venues and then faxed/mailed to these centers. Statistical analysis will be prepared at the MHQ for daily reports to the IPC Medical and Scientific Department.

**PLEASE NOTE:** NPC health care practitioners are kindly asked to provide the IPC Medical Committee with IPC Injury and Illness Prevention Study information for further scientific work aimed at mitigating and reducing health-related risks in Paralympic winter sports (see further 'IPC Injury and Illness Survey').



# NPC Medical Services

## Accreditation

Registered NPC health care practitioners who complete all the accreditation procedures will be authorized to access the field of play, the athlete preparation areas, the accommodation sites, and all the Sochi 2014 medical facilities.

## Registration

Under current Russian legislation NPC health care practitioners are legally allowed to provide their usual Games-time range of medical services without requiring a professional certificate or license issued in Russia.

The NPC Chief Medical Officer is required to complete the Medical Practitioner Registration Form, and submit signed form to their respective NPC Relations Representative via e-mail and via post by December 7, 2013. Both physicians and non-physician professionals should be registered.

The Registration Form is available on the ALPINA extranet portal under the "Medical Services" section (<http://alpina.sochi2014.com>)

Signing the Registration form the NPC`s person-in-charge confirms that all health care practitioners listed in the Form are certified and/or licensed in accordance with the rules and regulations of their home country, have valid professional liability insurance (if applicable) and are informed on the restrictions associated with the right to practice during the Games.

Sochi 2014 NPC Services will send each NPC confirmation once the registration is completed.

## Importing of medications and medical equipment

Medicines, pharmaceutical products and medical equipment imported into Russia for team use during the Sochi 2014 Games must be declared on behalf of NPC under the Sochi 2014 Customs Procedure regardless whether such medicines, products and medical equipment are brought in as freight or by a doctor or another NPC official in personal baggage.

Imported medicines, pharmaceutical products and medical equipment shall be declared to customs by submitting a "Goods declaration form for Sochi 2014 Customs procedure", upon entry to Russia by the person bringing in the goods or by the customs broker in the case of freight. The relevant supplementary documents (the list of medicines/pharmaceutical products and/or the list of medical equipment) must also be submitted. These Sochi 2014 customs declaration forms will also be available at the Moscow and Sochi airports, while at other airports in Russia they can be available upon request. These documents are available to NPCs in the Medical section of ALPINA.

Persons (including customs brokers) declaring these goods on behalf of an NPC must have with them a document in English or in Russian from the NPC authorizing them to fulfill these customs formalities and import procedures. If the document is in English, the customs have the right to ask for the translation. In the case of customs brokers, this should be the contract with the NPC.

Before importing these items, NPCs can, if they wish, send the supplementary documents to the Sochi 2014 Medical Services team (MED@sochi2014.com) by November 7, 2013. Sochi 2014 will review this list and notify the NPC of any compliance issues.



Medicines containing narcotics, psychotropic substances and their precursors are not eligible for the Sochi 2014 Customs Procedure. They are subject to a special permission of the Russian agency responsible for control over narcotics, a license from the Ministry of Industry and Trade (MIT) and for payment of customs duties. Please contact your customs broker for detailed information.

Please be aware that:

- NPC medical staff is responsible for all medical devices and pharmaceutical products declared in the application and imported to Russia.
- NPC medical staff is responsible for the results of treatment by imported medical devices and pharmaceuticals.
- The number of imported goods corresponds to the number of athletes, their age, type of event and time of their stay in Russia.
- The NPC declaring the goods must use them exclusively for its delegation.
- All the unused products must be exported after the Games.
- Data provided in the declaration may be accessible for security, customs services and IPC upon request.
- The "Goods declaration form for Sochi 2014 Customs procedure" document must be presented to a customs service at the port of entry into and point of exit from Russia. In addition, the document must be available for inspection at any time while declared goods are in Russia.

### Personal imports

Individuals can bring medicines and pharmaceutical products in the original packaging into Russia in their accompanying luggage if such medicines and pharmaceutical products are required for their personal use during the period of their temporary stay in the country. Such medicines do not require declaration to customs.

If for health purposes an individual needs medicines containing narcotic and psychotropic substances such medicines must be declared to customs. This means that "Red" entry channel should be chosen. An individual's customs declaration should be supported by any of the following confirming documents: his or her doctor's prescription, a certificate issued by the doctor, an extract of medical records or other medical document confirming that such medicines are needed for health purposes.

Athletes who obtain duly certified TUE (Therapeutic Use Exemption) for medicines containing narcotic and psychotropic substances that are included in the WADA list of prohibited substances shall be able to present to customs TUE as confirming document (this document is pending approval of Russian authorities).

Individuals are generally not allowed to import medical equipment as personal belongings unless they have a medical need for it and can show their doctor's prescription.

For the definitive list of medicines and pharmaceutical products available from the Village Pharmacies please refer to the Sochi 2014 Pharmacy Guide.

For a detailed explanation of the rules governing the importing and exporting of medicines, pharmaceutical products and medical equipment, please refer to the Sochi 2014 Customs and Freight Guide, available on the [www.sochi2014.com](http://www.sochi2014.com)





## Access and privileges

NPC health care practitioners may only treat members of their own delegations, unless there is a written agreement for medical care provision with the other NPCs which has been submitted to Sochi 2014 Medical Services in writing.

All registered NPC health care practitioners will be provided with medical areas for their daily practice in the accommodation sites. The size and furnishing of these spaces will correspond to the size of the NPC.

During the Games NPC physicians will be able to:

- Request physiotherapy and other therapy treatments available at the venues and at the Athlete Polyclinics.
- Request diagnostics, such as ECG, CT, MRI, ultrasound, X-ray and laboratory tests at the Athlete Polyclinics.
- Write prescriptions for medications to be dispensed at the Village Pharmacies free of charge. For the list of medications available there, please refer to the Sochi 2014 Pharmacy Guide.

Registered NPC health care practitioners will be able to accompany athletes and members of their delegation, and IPC or IF representatives from the same country to any Sochi 2014 medical facility or Paralympic Hospital, and with the consent of the patient, review the patient's clinical record and discuss the examination and treatment with the admitting doctor. However the final decision and responsibility will rest with the admitting doctor.

Registered health care practitioners will not be able to order hospitalization, diagnostic procedures, and direct medical treatment, or prescribe medicines at hospitals.

Hard copies of the Healthcare Guide and Pharmacy Guide will be prepared as welcome kits for all registered health care practitioners. NPC physicians will also receive personal numbered stamps, prescription forms and investigation request forms. Welcome kits for NPC health care practitioners will be distributed at the NPC DMR meetings between January, 24, 2014 and January, 26, 2014. Prescription and investigation request forms could be replenished at the reception of the Athlete Polyclinics upon the physician's accreditation presented.

Hard copies of the Healthcare Guide, Pharmacy Guide along with personal numbered stamp of registered NPC physician, prescription forms and investigation request forms will be prepared for each registered NPC healthcare professional and distributed to the NPC Chief Medical Officer or Chef de Mission at the NPC Team Physicians meeting. Prescription and investigation request forms could be replenished at the reception of the Athlete Polyclinics upon the physician's accreditation presented.

## Return to play (RTP) decisions

At sports venues, it is the responsibility of the team, competition or IF physician to determine whether an injured athlete may continue in or return to the competition as stipulated in the applicable sport rules. This decision should not be delegated to other professionals or personnel. In the absence of the competent physician, other professionals or personnel must adhere strictly to the instructions that he or she has provided.

At all times, the overriding priority should be to safeguard the health and safety of athletes. The outcome of the competition should never influence such decisions. However Sochi 2014 medical specialists will be able to advise on an athlete's fitness to return to play.



## Malpractice insurance

All Sochi 2014 medical specialists engaged in providing medical services at the Paralympic venues, including Paralympic Villages and Nordic Housing during the Games time will be covered by the malpractice insurance.

Sochi 2014 assumes no responsibility for any health care provided by NPC medical personnel. It is the responsibility of each NPC to ensure malpractice / liability insurance is in place.

It is recommended that NPC health care practitioners inform their insurance company that they are travelling abroad with a sports team, and check whether they are covered for this role or not.

## Rate Card

For the duration of the Paralympic Games, all medical facilities at venues will be equipped with sufficient equipment and furniture. However, if an NPC expresses the wish to rent additional medical equipment and furniture, they can use the Rate Card service, where the following medical items are available:

- Portable external defibrillator (AED)
- Examination bed
- Examination light
- Portable massage table

Pre-ordering is available through ALPINA extranet portal under "Rate Card" section. To order medical items using the Rate Card system during the Paralympic Game, the NPC will have to visit one of the Rate Card Help Desks, which are located in the NPC Service Centers in the Paralympic Villages, the Main Media Center and the Mountain Media Center. The required medical items will be delivered within 1 day. The NPC will be billed for payment at the end of the period in which the medical items were used.

For more details please refer to the Sochi 2014 Rate Card System, which has been available since January 2013 on the <http://ratecard.sochi2014.com>. The NPC can also send their requirements by email to: [ratecard@sochi2014.com](mailto:ratecard@sochi2014.com)

## IPC Injury and Illness Survey

Sochi 2014 Medical Services is aiming to leave a legacy in terms of increasing the health safety for athletes, and will provide comprehensive support to the IPC Medical and Scientific Department in sports injury and illnesses surveillance. All NPCs are invited to be a part of IPC Injury and Illness Survey and complete the relevant forms issued by the IPC Medical and Scientific Department. Detail on the procedures will be explained at the NPC Team Physician meeting. For all issues regarding participation in the program, method of data collection or data entry process, please contact the IPC Medical and Scientific Department.

## NPC Team Physicians meeting

There will be a meeting for NPC healthcare practitioners at the Chefs de Mission Meeting Hall in the Mountain Paralympic Village from **14:00 to 17:00 on March 5, 2014**.

## Games-time Workshops

The IPC Medical & Scientific Department, working with the Sochi 2014 Medical Services Team, will consider staging a NPC team doctor workshop during the Games period. Details on the date, time and location of the workshop(s), along with details of the program, will be confirmed shortly before the Games.

# Medical Services in the Villages

## NPC Medical Space

Sochi 2014 will provide all NPCs with medical space at the accommodation sites for the daily activities of their health care practitioners. The size of these areas, and the list of furnishings and equipment, will correspond to the size of the delegation.

The table below sets out the number of rooms to be provided, depending on the size of the team for the Paralympic Winter Games:

Delegation Size	Chef de Mission Office	NPC Office	Meeting Room	Medical Space
1-6	Combined with Chef de Mission Room	Dedicated workstation	Bookable	Bookable
7-12	Combined with Chef de Mission Room	1 (12 m <sup>2</sup> )	Bookable	Bookable
13-25	1 (8 m <sup>2</sup> )	1 (12 m <sup>2</sup> )	Bookable	1 (10 m <sup>2</sup> )
26-50	1 (8 m <sup>2</sup> )	2 (12 m <sup>2</sup> )	Bookable	2 (10 m <sup>2</sup> )
51-75	1 (8 m <sup>2</sup> )	2 (12 m <sup>2</sup> )	1 (15 m <sup>2</sup> )	2 (10 m <sup>2</sup> )
76-100	1 (8 m <sup>2</sup> )	2 (12 m <sup>2</sup> )	1 (15 m <sup>2</sup> )	4 (10 m <sup>2</sup> )
101-150	1 (8 m <sup>2</sup> )	3 (12 m <sup>2</sup> )	1 (15 m <sup>2</sup> )	4 (10 m <sup>2</sup> )
151-200	1 (8 m <sup>2</sup> )	3 (12 m <sup>2</sup> )	1 (15 m <sup>2</sup> )	5 (10 m <sup>2</sup> )
201+	1 (8 m <sup>2</sup> )	3 (12 m <sup>2</sup> )	2 (15 m <sup>2</sup> )	7 (10 m <sup>2</sup> )

The treatment rooms will be equipped with the following items:

Desk with lockable drawers	Wash basin
Chairs	Pillows, blankets, and towels
Disposable paper cups	Disposable covers
Small refrigerator/freezer	Trolley
Climate control	Examination couch / table
Waste baskets - standard	Locking drug cabinet
Waste receptacle - hazardous	Sharps disposable container
At least 6 electrical power sockets	Movable partition

The massage rooms will be equipped as follows:

Desk with drawers	Wash basin
Chairs	Pillows and blankets
Disposable paper cups	Towels
Waste baskets	Disposable covers
Storage unit for ice	Trolley
Climate control	At least 6 electrical power sockets
Movable partition	Massage couch / table
Large lockable cupboard for storing tapes, bandages, dressings, etc.	

Each medical space will be lockable and private. Laundry services for towels, linen and blankets, housekeeping and waste removal will be available through Village resident services. Safe handling of sharps and medical waste, including unused or expired medications will be available via the Athlete Polyclinic.

Ice machines will be readily available, at the Resident Centre and Athlete Polyclinics.

## Athlete Polyclinic services

The Athlete Polyclinics in two Paralympic Villages will be open from March 1, 2014. Emergency and essential medical services, house-calls, and medical transportation services will be available 24/7 until March 19, 2014.

During transition period first aid, emergency medical services and medical transportation will be available 24/7.

From March 5, 2014 and until March 19, 2014 the Athlete Polyclinics will operate between 07:00 until 23:00 as a multi-disciplinary medical facility.

Nordic Housing Clinic (GAMMA) will provide first aid, emergency medical services and medical transportation 24/7 starting from the transition period. All other services (see table below) will be available during working hours from **12:00 until 21:00 (TBC)**. All athletes and Paralympic Family members accommodated in the Nordic Housing will have an access to polyclinics of the other Paralympic Villages. Visits could be appointed through the Nordic Housing Clinic's reception.

The Athlete Polyclinics and Nordic Housing Clinic will provide the following services:

Medical services	Coastal Paralympic Village (ALPHA)	Mountain Paralympic Village (BETA)	Nordic Housing (GAMMA)
Emergency services	Yes	Yes	Yes
House calls	Yes	Yes	Yes
Overnight stay ward / isolation beds	No	Yes	Yes
Pharmacy	Yes	Yes	Yes
Primary care	Yes	Yes	Yes
X-ray & USG	Yes	Yes	Yes
CT & MRI	No	Yes	No
Laboratory services	Yes	Yes	No
Trauma care, orthotics & bracing	Yes	Yes	Yes
Physiotherapy	Yes	Yes	Yes
Chiropractic, massage therapy	Yes	Yes	No
Dental	Yes	Yes	No
Ophthalmology	Yes	Yes	Scheduled
ENT	Yes	Yes	Scheduled
Surgery	Yes	Yes	No
Podiatry	Yes	Yes	No
Gynecology	Yes	Yes	No
Urology	Yes	Yes	No



Sochi 2014 will provide express laboratory diagnostics for basic tests including: general blood analysis (CBC, Differentials, Sedimentation), Basic Metabolic Panel 8 (Calcium, Sodium, Potassium, Chloride, Bicarbonate, Glucose, Blood Urea Nitrogen, Creatinine), Express test systems (Streptococcus A, Troponine I, Glucose), coagulation. Any other laboratory tests will usually be provided within 1 day, if technically possible, by a Sochi 2014 contractor.

Replacement of broken or lost dental prosthetics will be provided within regular dentistry service.

The following clinical specialists will be available on-call for scheduled visits: cardiologist, gastroenterologist, pulmonologist, neurologist, allergologist, dermatologist, nutritionist, and psychiatrist.

Additional services such as the production of glasses and lenses will be provided through the Athlete Polyclinics at no cost.

Hearing aid repairs service, as well as replacement of hearing aids, will be available in the Olympic Park. These services will be provided for fee by an external provider. Contact information is available on request at the reception desk of the Athlete Polyclinics.

Interpretation services will be provided by on-site language services personnel or by telephone through the Sochi City Language Services Line.

### **Classification**

Classification of visually impaired athletes will be provided in the Athlete Polyclinic of the Mountain Paralympic Village. Sochi 2014 Medical Services will organize the spaces for classification in accordance with the IPC requirements. Other athletes will be classified at Paralympic venues. Further details are available in the Sochi 2014 Paralympic Games Classification Guide (via the ALPINA extranet).

### **Village Plaza**

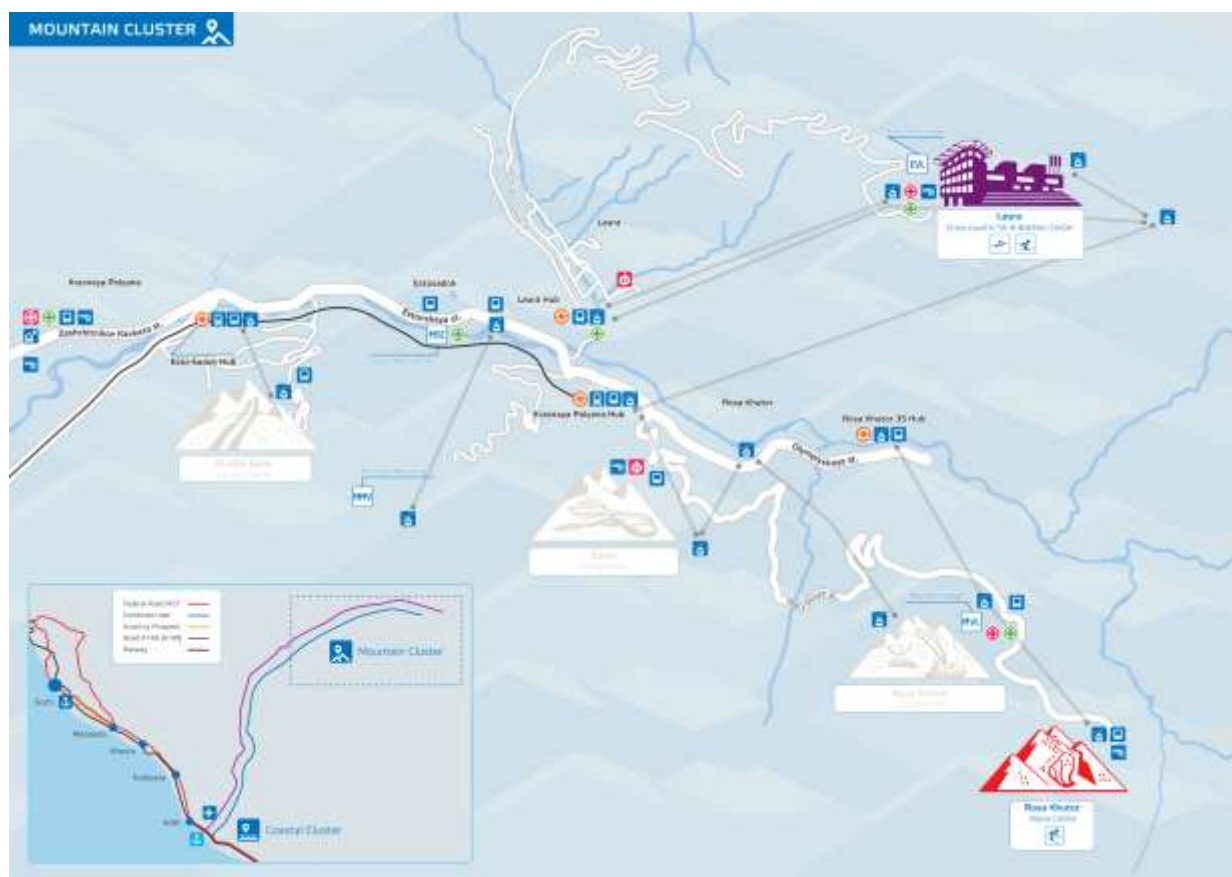
Sochi 2014 will set up medical stations at each of the three Village Plazas for first aid and emergency care services. These medical stations will be available for use by all visitors to the International zone.



# Medical Services at the Venues

Sochi 2014 will provide medical services at all competition, training and official non-competition venues. The Venue medical services consist of mobile medical teams, first aid stations and medical stations for basic medical services and emergency response. For advanced medical care patients will be transported either to the nearest Athlete Polyclinic (if they are accredited for the Village or have temporary access) or to a hospital. Each venue will be covered by Emergency Medical Services, and for certain competition venues Helicopter Emergency Medical Services will be available when required by the IPC rules.





## Medical services for athletes

Medical services for athletes are provided by:

- Athlete medical station
- First aid stations (at the outdoor venues)
- Mountain ski patrol (at the outdoor venues)
- Mobile medical teams on the field of play
- Dedicated ground ambulance services
- Medical helicopter services

Athlete medical stations are available at all training and competition venues, located generally close to the field of play. First aid, primary care, sport medicine, limited physiotherapy and initial emergency response are provided there to all injured or ill athletes, team officials and other persons accredited to be in the back of house area or on the field of play.

The operating hours will differ from venue to venue, depending on the venue specifics, but on average medical services will last from one hour prior to training and competition, to one hour after its conclusion.

Athletes injured on the field of play during training or competition will be evaluated on-site. If required, the athlete will be evacuated from the field of play to the Athlete Medical Station, the Athlete Polyclinic, or the Paralympic Hospital as appropriate. Field of play response will fully abide by the IPC and IF's medical guidelines and rules.

At all the training venues Sochi 2014 Medical Services will use the same approach as at the competition venues.



## **Medical services for Paralympic Family members**

In medical emergency situations when advanced treatment is required within the venue, Paralympic Family members will be transported to the nearest accessible medical station. For minor cases or routine examinations Paralympic Family members will be referred to the nearest Spectator Medical Station. Sochi 2014 Medical Services is kindly asking Paralympic Family members not to use Athlete Medical Stations if possible, except in urgent cases. If a hospital transfer is required, the Paralympic Family members will be taken to the nearest designated Paralympic Family Hospital.

At the IPC and Paralympic Family Hotel, Sochi 2014 will ensure 24-hour family-practice, advanced life support and house-calls as well as ambulance services.

## **Medical services for spectators**

Spectators will be treated at the Spectator Medical Stations at all competition venues, in the Olympic Park, and at the Olympic Stadium. Medical services for spectators include mobile response teams in the spectator stands or common accessible areas, first aid stations and Spectator Medical Stations, starting from 1 hour prior to an official event, and ending once the gates are closed. For the Olympic Park, services will be available throughout its operational hours.

Spectators, members of the media, workforce and other client groups will share the ambulance dedicated to the Spectator Medical Station, when necessary.

## **Medical services for media representatives**

At all the competition venues, in the Olympic Park and at the Olympic Stadium media representatives will have the same services as spectators. In the Main Media Center and the Gorky Media Center, all medical services will be available 24/7 and will include mobile response teams, a medical station staffed with a physician and a nurse. Short-term observation and treatment for rapid recovery in case of a non-severe illnesses, minor injuries or stress will be available there as well.

## **Medical services for workforce and other client groups**

Workforce and other client groups will have access to all spectator medical services during official events. During the venue's operational hours, the workforce will be treated by the medical team in the Spectator Medical Station, and during off-hours there will be a paramedic on duty, to provide an emergency response until the ambulance team arrives.

## **Medical services at the Airport**

For all client groups arriving and departing at Sochi International Airport, medical services will be provided 24/7 by the Airport medical services. If required, patients may be admitted to the medical station in the Airport, or taken to the nearest hospital.

Sochi 2014 will supervise this activity without direct participation in the provision of medical services.



## Paralympic Family Hospitals

In accordance with Russian Federation legislation emergency medical services are provided free of charge.

If any advanced diagnostic or in-patient treatment is required, it will be covered by the Sochi 2014 medical insurance policy for the NPC, IPC and Paralympic Family members at the dedicated Paralympic Family hospitals. For uninsured persons all treatment will be provided through their personal medical insurance, or for a fee, at the nearest available hospital.

The acute trauma care centers will provide in-patient care related to orthopedics, neurosurgery, general surgery, abdominal surgery and vascular surgery (for the ice venues) including comprehensive diagnostics such as imaging, laboratory, endoscopy examinations, etc.

Such centers are cluster-based:

- Adler City Hospital - for the Coastal cluster
- Krasnaya Polyana Hospital - for the Mountain cluster

For more advanced medical services, all patients will be referred to the Sochi City Hospital.

Extremely severe cases may be referred by helicopter to the Krasnodar Regional Hospital – the region's central medical facility, where a burn center, transplantation center, cardio surgery and other specialized clinics are available.

Sochi 2014 will cooperate with Paralympic Hospitals through Hospital Liaison Officers, monitor the quality of medical services, and collect medical reports for the IPC Medical Committee and IPC Medical and Scientific Department.

In the event of hospitalization in any regional hospital other than the Paralympic Hospitals, it is recommended that NPCs, IPC and IF inform Sochi 2014 as soon as possible. In such cases, all patients with minor injuries or illnesses will be taken to the nearest Paralympic Hospital to ensure that the appropriate level of services is provided. For severe cases, when inter-hospital transfer isn't advisable, Sochi 2014 Medical Services will cooperate with the hospital administration for the benefit of the patient's treatment and comfort.

In-patient treatment will be under the care of the hospital's clinical staff. Whenever possible, the attending physician will only consult with the NPC registered health care practitioners regarding the treatment.

### **Adler City Hospital**

Address: Adler, Kirova street, 40

Contacts: The information will be incorporated into the next iteration of the Guide, as soon as the Hospital will provide it in late 2013

### **Krasnaya Polyana Hospital**

Address: Krasnaya Polyana, Turchinskogo street, 28

Contacts: +7 (862) 243-73-78



## Emergency Medical Services

During the Games Sochi 2014 Medical Services will coordinate all the emergency transportation services.

Sochi 2014 Medical Services will be responsible for choosing the type of transportation, depending on the type of injury or illness, the weather and road conditions, and proximity to the hospitals.

### **Ground ambulance services**

Ambulances will be on standby at all the competition venues and some of the non-competition venues during the operational hours of medical services.

The ambulances will be equipped with advanced cardiac life support equipment and staffed by a doctor and one or two nurses. The ambulances dedicated to athletes will be staffed with one resuscitation specialist. For the Mountain Cluster, only four-wheel-drive vehicles will be used.

For each cluster there will be back-up ambulance substation, to ensure that a vehicle dispatched from the venue can be replaced in a timely fashion.

The Integrated dispatch center will coordinate the ambulances positioning and rotation, and will cooperate and report to the Medical Headquarters.

Ambulances dedicated to Paralympic venues could not be used for medical services outside of Paralympic venues, except when the local healthcare resources are not sufficient to handle the mass casualties in case of accidents or natural disasters.

### **Rescue helicopter services**

Sochi 2014 Medical Services will use rescue helicopters as one of the evacuation methods in the Mountain cluster: at Alpine Center Rosa Khutor and Biathlon & Cross-Country Ski Center Laura.

Each helicopter is equipped with a hoist system and ACLS module. If required, evacuation will be provided from the temporary landing areas along the race or directly from the field of play, using the hoist system.



# Medical Insurance

## Paralympic Family Medical Insurance

Members of Paralympic Family, including NPC Presidents, Secretaries General, athletes and team officials, will be covered by the medical insurance program free of charge. Their insurance will cover the following services:

- ambulance and helicopter transportation;
- out-patient services within the dedicated Paralympic Hospitals network or any other Municipal Health Care institutions;
- in-patient treatment within the dedicated Paralympic Hospitals network or any other Municipal Health Care institutions;
- medication provision during their treatment.

The medical insurance will cover the diagnostics and treatment of acute injuries or illnesses. The treatment of stable or pre-existing conditions, unless an acute exacerbation, is not covered.

The period of coverage is from January 21, 2014 until March 31, 2014. It will be valid at the whole territory of Russian Federation. Outside this period and location Sochi 2014 will not be responsible for medical insurance.

## Private Medical Insurance

The members of the Paralympic Family, including athletes are advised to keep their own medical insurance policy for cases not covered by the Sochi 2014 medical insurance program.

Sochi 2014 recommends that all persons not covered by the Sochi 2014 medical insurance program obtain appropriate travel medical insurance coverage.

## Repatriation

Sochi 2014 will provide free repatriation services for athletes and designated members of the Paralympic Family when required. Repatriation includes medical transportation, with the accompanying medical personnel if necessary. In the event of death, the cost of repatriation of mortal remains will be covered. The Sochi 2014 Medical Service will coordinate all arrangements in this respect.

## Malpractice Insurance

Sochi 2014 will not provide malpractice insurance to NPC health care practitioners.



## Health Promotion

The XI Paralympic Winter Games will be the first Paralympic Games in the history of Russia. For this reason, Sochi 2014 intends to make a contribution to the awareness of Paralympic sports in Russia, and the welfare of Russian citizens. Sochi 2014 bears responsibility for promoting a healthy lifestyle and encouraging Russian citizens and guests of the Games to adopt the Paralympic values in their daily life.

For this reason Sochi 2014 is committed to achieving a Tobacco-free environment at the Games. Smoking will be prohibited in all indoor environments, and in most of outdoor places. In the Paralympic Villages and Nordic Housing smoking will be allowed only in a few designated and clearly signposted outdoor areas. Smoking outside these areas will be prohibited.

Additionally, HIV awareness is of great interest to Sochi 2014. Together with its partners, Sochi 2014 will distribute condoms in the Athlete Polyclinics.



## Public Health

Sochi 2014 Medical Service will provide all relevant information regarding public health in cooperation with the Russian Federal Service on Surveillance for Consumer rights protection and human well-being (Rospotrebnadzor). In accordance with the IPC requirements, the following data will be collected:

- Epidemiological surveillance
- Food safety
- Water safety
- Air quality control

### Epidemiological surveillance

Regional Rospotrebnadzor center collects infection and communicable disease reports from all medical facilities in the region and carries out monitoring of the epidemiological situation on a daily basis.

At the Games time the information on the epidemiological situation with respect to the threshold values of infectious and communicable diseases will be communicated to the IPC MSD and the NPCs on daily basis.

Team physicians are asked to inform the Athlete Polyclinic Manager about the specific symptoms for infectious diseases such as fever, vomiting, diarrhea, rash, jaundice etc.

The morbidity rate from rabies, leptospirosis and tularemia is higher in Sochi than the average rate in Russia. To avoid contamination it is advisable to avoid all contact with wild or domestic animals.

Comprehensive information regarding the preventive vaccination will be available 6 months in advance on ALPINA extranet portal under "Medical Services" section.

### Food safety

The Sochi 2014 Food & Beverage Service will monitor all suppliers and food producers in order to ensure the health safety of the Games competitors and guests. All the parties in the Paralympic food and beverages network are duly certified and monitored by Rospotrebnadzor. In cases of suspected food poisoning, the particular food production facility will be closed until the investigation of the incident is over.

NPC physicians will be asked to provide information about the food poisoning symptoms to the Venue Medical Officers in the Athlete Polyclinics.

### Water safety and air quality control

The Sochi 2014 Medical Service will distribute information about the water safety and air quality on a daily basis. The information will be available through ALPINA extranet portal and at the information stands in the Paralympic Villages.

All measurements will be provided by Regional Rospotrebnadzor in accordance with the WHO requirements and Russian Federation regulations. The automatic check stations and sample collection points are located in both the Mountain and Coastal clusters.

The following data will be analyzed with regard to water safety:

- Chemical contaminants
- Organoleptic qualities
- Microbial quality



Regarding the air quality control the following data will be analyzed:

- PM 2.5
- PM 10
- O<sub>3</sub>
- Sulphur dioxide
- Nitrogen dioxide

## **Emergency services**

To access the Emergency services outside the Paralympic venues dial the short number «03» from a landline phone or the short number «112» from a mobile phone. In most cases an ambulance with a doctor and a nurse will be sent to a sick/injured person. Ambulance service is free of charge.



## Useful contacts

The information will be provided late 2013







# Marketing Partners

The information will be provided late 2013

THE ORGANIZING COMMITTEE FOR THE XXII OLYMPIC WINTER  
GAMES AND XI PARALIMPIC WINTER GAMES OF 2014 IN SOCHI

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See you  
IN Sochi!

