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European Gymnastics Guidelines for the return to competitions with the Covid-19 pandemic



12th European Championships in Aerobic Gymnastics

Pesaro, ITA

17 - 19 September 2021

*Advice for Local Organising Committees (LOCs) and Member Federations
European Gymnastics: Medical Commission*

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STAY COVID SAFE



IF YOU BECOME SICK
SEEK MEDICAL CARE
IMMEDIATELY



WASH YOUR HAND
AT LEAST 20 SECONDS



WEAR A MASK



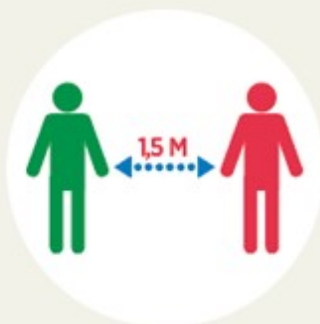
USE HAND
SANITIZER



AVOID
CROWDED PLACES



COVER YOUR SNEEZE
AND COUGH



KEEP 1,5 METERS
DISTANCE



AVOID TOUCHING EYES,
NOSE AND MOUTH WITH
UNWASHED HAND



AVOID
CLOSE CONTACT

1. General and Arrival to the host country

European Gymnastics has created these ***Guidelines for the return to competitions with the Covid-19 pandemic*** to provide support to Local Organising Committees (LOC), participants and spectators of Gymnastics European Championships regarding the setup of all necessary processes for the health and safety of all persons at the event, based on recommendations of the World Health Organization (WHO).

All events are operated according to these guidelines and according to governmental regulations of the host country. All accredited persons must adhere to these guidelines and regulations at all European Gymnastics events. As the Covid-19 situation changes rapidly, a version updated for each event will be published together with the work plan. It is responsibility of the delegation to also follow the latest information of health authorities.

All participants choosing to participate in an event are responsible for their own health- and travel-related risks and shall also follow the recommendations of their own country on this matter.

If a person is sent to quarantine (either due to a positive Covid-19 diagnosis or due to having been close to a person diagnosed with Covid-19), all occurring costs (accommodation, meals, transfers, further tests, medical costs, etc.) are at the responsibility of the person resp. the delegation.

It is the responsibility of the delegation to verify the current entry regulations to the host country for the specific event and for their specific delegation with the LOC prior to departure.

European Gymnastics reserves the right to adapt these Guidelines at any time according to the development of the Covid-19 pandemic.

2. WHO Risk Assessment and Mitigation Checklist

European Gymnastics assesses each event using the WHO checklist for risk assessment and mitigation at mass gatherings in a context of COVID-19. These are operational tools that offer advice to hold the best possible sport events under the current conditions.

Information for risk assessment and means to minimise risks is available at the links below:

- [WHO Risk Assessment and Mitigation Checklist for Mass Gatherings in the context of COVID-19](#)
- [Considerations for sports federations/sports event organisers when planning mass gatherings in the context of COVID-19](#)
- [WHO Mass Gatherings Sports: addendum risk assessment tools in the context of COVID-19](#)

European Championships LOCs must carry out a risk assessment in cooperation with local stakeholders, such as local and regional public health authorities. It is also important to present to local authorities the specific measures to minimise risks in these guidelines that can be applied to gymnastics events.

3. Recommendations to the organisers

a. Medical service

- The LOC must submit to European Gymnastics a clear medical organisation plan, drawn up on the basis of guidelines and advice from local health authorities. The plan should contain a clear section on infection prevention arrangements and response to possible or confirmed infection to Covid-19 during competition.
- The official LOC doctor is responsible for all medical operations and must be present on-site during opening hours and be reachable at all other times. An assistant to the official LOC doctor must also

be a licensed medical practitioner and must be fully informed of all matters. Tasks must be fully delegated in the event that the official LOC doctor cannot be present because he is absent for important reasons.

- The official LOC doctor works in conjunction with local health authorities, local hospitals and health care providers on public health communication protocols and emergency services. Protocols have to be defined specifically for the isolation and transport of patients suspected of being infected with Covid-19.
- The LOC must ensure that a system is in place to allow traceability of contacts in the event of a positive case of Covid-19 occurring during the event.
- The official LOC doctor will have regular meetings with the European Gymnastics doctor. In addition, the official LOC doctor will report any relevant medical concerns to the European Gymnastics Doctor in a timely manner.
- An increase in on-site medical staff will be needed to sort and refer suspected cases for Covid-19 testing.
- The medical service covering the competition must have adequate space for social distancing, protection between treatment sites, good ventilation, hand washing stations with hot and cold running water, and an adequate supply of personal protective equipment, in particular face masks.
- It must have enough thermometers to check the temperatures of all accredited people.
- These recommendations are in addition to the standard Guidelines for the medical organisation of competitions organised under the responsibility of European Gymnastics.

b. Hygiene

- A hygiene plan must be created by the LOC that identifies risks and mitigation procedures, including plans for cleaning and waste disposal.
- The official LOC doctor and the European Gymnastics doctor must approve the hygiene plan and receive regular reports.
- A regular cleaning programme of all public areas, toilets and showers and regular cleaning of door handles, handrails and frequently touched surfaces has to be created and maintained. A record of the cleaning carried out must be kept by the LOC and made available to the official LOC doctor and the European Gymnastics doctor.
- The official LOC doctor will establish regular cleaning checks.
- Alcohol-based hand disinfection fluids have to be available at the site entrance, in all common areas and in medical treatment areas.
- The LOC must regularly check the availability of soap, paper towels and disinfection fluids. Only single-use towels are allowed or hand dryers.
- The FoP (including the technical- and judges' tables) as well as all warm-up- and training-halls must be thoroughly cleaned (and disinfected where possible) by the LOC at the end of each day and where possible after each session of the competition.
- Disposable gloves & disinfection fluids will be available.
- The catering areas must be regularly cleaned (and disinfected where possible).
- Air changing must happen wherever possible when areas are not in use (and also where possible during times of use).

c. Arrangements for suspected and actual COVID-19 cases

- The LOC determines with the local health authorities the procedures for the care and isolation of people suspected or diagnosed with Covid-19. An emergency plan valid in the host country including the procedure for individual Covid-19 cases as well also the planning in case a large number of persons needs to be quarantined needs to be provided before the event.

- European Gymnastics and LOC create a protocol to define how all parties involved will be notified of a potential COVID-19 situation. This protocol must be confirmed with national health authorities of the host country.

d. If a positive Covid-19 case occurs during the event

- The LOC doctor and the European Gymnastics doctor must be immediately informed.
- The person must be quarantined immediately in the isolation room.
- If a quick test result is positive, the person must do a second PCR test at the cost of the concerned National Federation in order to confirm the result and to allow the exact designation of the type of Covid virus.
- Isolation for a person tested positive ends after 10 days, *provided the person has not shown any major symptoms during the last 72 hours before.*
- Persons having had very close contact (without mask for longer than 15 minutes at a distance of less than 1.5m) with the person who was tested positive, needs to do a PCR test, if the test is positive this person needs to quarantine also. This is the case for person(s) sharing a hotel room. (For any other person it can be avoided by following these Guidelines.) The quarantine length is 10 days.
- All other members of the country's delegation must be isolated in the hotel and be observed for symptoms related to Covid-19. The delegation will be re-tested with quick tests (on the cost of the concerned National Federation). If the test results are negative and the persons are showing no symptoms they are released from quarantine.
- If 2 or more people in one delegation have positive test results, the situation will be evaluated and European Gymnastics & local medical authorities take the decision about re-testing, quarantine and/or the participation of the remaining delegation in the event.
- To inform the local public health authority and cooperate with them on the next steps.
- Full report provided to European Gymnastics staff; name of person confirmed with Covid-19, National Federation, locations of the individual from the time of arrival to the country, date when symptoms started to show.
- Contact tracing to be done to track anyone who may have been in close contact with the person. The LOC handles the contact tracing for the period on site. The delegation is responsible to ensure contact tracing for the travel period.
- All other persons having been in close contact with a positive tested person must return to the hotel in small groups and remain in their respective rooms for further instructions by the LOC following consultation with the local public health authority.
- If anyone starts to feel unwell and/or exhibit symptoms of COVID-19, the person must contact the LOC to arrange medical support.
- The LOC has to set up an isolation room in the on-site medical centre where cases can be assessed initially and triage can be performed.
- Isolation rooms must also be prepared for LOC members who have come in contact with the infected person.
- The isolation area has to be equipped with the necessary supplies to facilitate hand hygiene and respiratory etiquette.
- The medical personnel present in the room must be equipped in accordance with the directives in force, including face masks, disposable rubber gloves and possibly a protective gown. The quantities of material provided should allow for change as needed.
- Any accredited person who tests positive for a COVID-19 infection within 14 days after leaving the host country is responsible to contact the LOC and European Gymnastics. The LOC will have to conduct contact tracing with all persons who have been in contact with them and request them to stay home for 14 days while observing for symptoms.

4. Health screening of all accredited people before and during the event

- Daily monitoring of the health status of athletes and delegation members must be performed by the team medical (or if not available, the head of delegation) for 14 days before and during the event. This has to include taking daily temperatures and monitoring symptoms related to Covid-19.
- The head of delegation must hand in the proof of vaccination or a negative Covid-19 PCR test results not older than 72 hours before arrival of all delegation members at the accreditation. The documents must be from an official test laboratory, include the names of the delegation members and be in English language or in the language of the host country. The LOC gathers these documents for verification and destroys them 4 weeks after the event.
- Any possibly needed additional medical certificate or request for a Covid-19 test directly after arrival is linked to the rules of the national health authorities of the host country or own specific rules of each delegation. It is the responsibility of the delegation to verify these with the LOC and the embassy of the event host country before travelling to the event.
- The proof of vaccination or a negative Covid-19 PCR test results not older than 72 hours before arrival must be handed in at the accreditation by all European Gymnastics authorities and staff as well as European Gymnastics partners and media.
- The proof of vaccination or a negative Covid-19 PCR test results not older than 72 hours before the delegations' arrival day are mandatory for all LOC members, volunteers, contractors working in the venue and who are in direct contact with the delegation or LOC members.
- A quick test site will be arranged in the venue, for everybody even vaccinated people. All persons as listed above have to take a Quick test during their stay at the event (exact schedule to be defined for each event). European Gymnastics and the LOC will be immediately informed on any positive test result. Each group (delegations, LOC (including venue contractors and volunteers), European Gymnastics, European Gymnastics partners, media) covers the costs for their own tests (Quick test: € 25 / PCR test: € 60).
- In case of a positive quick test result, a second PCR test at the cost of the concerned group is **mandatory** in order to confirm the result and allowing the exact designation of the type of Covid virus.
- All accredited persons must complete a pre-competition health- and responsibility questionnaire prior to arrival at the venue. The questionnaire can be found in appendix 2 and has to be handed in at the accreditation.
- The LOC must measure the temperature of everyone who enters the venue on a daily basis. Anyone with a temperature above 37.5 °C must report to the LOC medical centre immediately. Accredited persons with an elevated temperature must have a measurement of their oxygen saturation. Any accredited person in the venue with a temperature above 37.5 °C and a saturation below 95% should be assessed for possible Covid-19. The implementation of these procedures must be approved by the local health authorities.
- The LOC doctor and the medical team are responsible for establishing this process with the relevant local health authorities.
- Necessary PCR tests for the return trip will be arranged upon request of the delegations and are at their own cost.

5. Use of a nose-mouth face mask

- The use of disposable face masks (**surgical only, not in tissue!**) in and outside the venue is mandatory for accredited persons and all spectators (8 years and older), except for gymnasts during competition, training and warm-up.
- Face masks can be worn **maximum** 1 day and must be disposed afterwards.

- During the running of the competition, while seated, judges and persons at the competition management table may decide to replace a mask with a transparent protective face shield. A mask has to be worn again when the person leaves the seat during breaks / after the competition.
- Gymnasts do not need to wear a face mask while they are performing at the training area, warm-up area or on the FOP and keeping a physical distance of at least 1.5 metres whenever possible. Transparent separation walls (such as a plexiglass) will be provided to separate the judges' positions and the positions at the competition management table. Masks remain mandatory also here.
- All accredited persons are advised to wear face masks also during any out-of-competition activity. This information must be regularly recalled by the LOC. More information on wearing masks can be found in appendix 1.
- It is the responsibility of the delegation to bring a sufficient number of face masks to the event. The LOC is responsible to provide them for their staff and volunteers. European Gymnastics equips their authorities and staff.
- The LOC has to provide an emergency supply of masks and gloves.

6. Conduct of all participants in the event

a. Basic prevention rules and individual responsibility

- The Medical Commission of European Gymnastics has issued the following general recommendations in line with WHO prescriptions to reduce the risk of transmission:
 - Wash your hands regularly with soap and water for at least 30 seconds
 - Avoid touching your eyes, nose or mouth with your hands
 - Respect physical distancing
 - It is highly recommended to stay only within the controlled event-bubble (venue, hotel, official transport) at all times. The use of public transport and taxis is not allowed.
 - Isolate yourself if you have symptoms of Covid-19

b. Other recommended measures to be implemented

- Sharing of equipment, especially water bottles, is prohibited.
- One block of magnesia will be provided to each gymnast with a plastic bag. If more is needed, the LOC will provide you some at the info desk.
- Any accredited person who feels ill does not enter the venue and must inform the official LOC doctor by phone via the number provided on the accreditation card.
- A valid phone number and e-mail address of the head of delegation is provided by the National Federation at registration and has to be verified at the accreditation.
- It is recommended that all persons belonging to a risk group (as per the below listed details) do not participate in the event. If a person belonging to a risk group decides to participate, it is recommended to take more careful preventive precautions.

1. >65 years of age;
2. Expectant mothers;
3. Moderate to severe asthma;
4. Chronic lung disease;
5. Serious heart conditions;
6. Immunocompromised;
7. Severe obesity;
8. Diabetes;
9. Liver disease;
10. Oncological disease;
11. Living in a nursing home or long-term care facility.

7. Communication and risk awareness

- European Gymnastics and LOC will clearly communicate all the arrangements which are in place to all accredited persons and spectators in advance via all possible communication channels.
- The information about the contract tracing system in place at the event must be included in these communications.
- Prescriptions should be posted in all areas of the venue, in all official hotels and in all possible access routes to the venue. Warnings should include advice on washing hands and reducing physical contact, reminding and encouraging everyone to maintain high levels of personal hygiene and proper coughing behaviour.
- European Gymnastics and the LOC will develop a risk communication strategy for Covid-19 before the event.
- European Gymnastics provides a general crisis communication and -action plan in addition.
- The LOC appoints a person (e.g. the media officer) to work with the European Gymnastics head of media, president and general director to decide the content and handle all external communication with national government officials, the general public and the media.

8. Venue and facilities setup

- All facilities, workspaces, meeting rooms and offices provided must be organised in a way that respects social distancing.
- At each entrance to the different venues, alcohol-based hand disinfection fluids must be available.
- In front of the entrance to catering areas or meeting rooms hand cleaning is mandatory.
- In all areas of the venue hand washing facilities must be provided.
- Disinfectant wipes must be provided.
- Site cleaners have to disinfect all areas (including doorknobs, toilet handles, bathroom faucet handles, table tops and work surfaces) several times a day.
- Access doors should be kept open if possible and if not, they should be managed by volunteers, in order to reduce the number of people touching the doorknobs.
- Closed waste bins for the safe disposal of hygienic materials (e.g. tissues, towels, sanitary supplies) in all rooms have to be provided.

a. Field of Play, warm-up and training halls

- Control of the flow of gymnasts must be considered, marked and controlled by the LOC.
- At the entrance, participants have to be reminded to keep a social distance from everyone apart from members of their own team. The delegations are responsible that each of their members respects this.
- Disinfection of the hands (alcohol) before any touching of apparatus (except for own hand apparatus) is mandatory. Disinfection dispensers in all halls will be provided by the LOC.
- The flow of people on narrow Field of Play areas that do not allow social distancing must be considered and controlled by the LOC.
- Strictly limit and control the number of people in each zone
- Minimise volunteers in the area to essential ones
- Seating for the athletes and teams must be arranged in a way to respect social distancing to other teams.
- Direction of marching should avoid crossings.
- Before and after their performance, gymnasts and coaches must stay on the defined waiting areas/seats, not walk around.

b. Technical Table and judges' tables on the FoP

- The set-up of the technical table and judges' tables must take into account social distancing (1.50 distance) where possible. Masks or transparent face shields (allowed only while being seated) are mandatory.
- Plexiglass walls will be installed between each seat at the judges' tables and competition management table.

c. Mixed-Zone

- TV has to use a long (at least 1m) microphone stick or provide separate, disinfected microphones for athletes and interviewer. An example is shown in the picture below.
- Mixed zone opportunities for written press will need to be requested in advance and will be limited.



Example long microphone

d. Spectator areas/tribunes/areas for accredited persons

- Spectators may only be permitted on consultation and prior approval by European Gymnastics and if national health regulations of the host country allow their presence. **The 2021 European Championships in Aerobic Gymnastics will take place with spectators. Spectators must either present a proof of vaccination or a PCR test no older than 72h and wear at all time in the venue a face mask. Persons of 6 years and older must wear at all time in the venue a face mask.**
- Social distancing must be respected in all areas where spectators are located.
- A distance of min. 1.50m between seats is mandatory. This must be considered for the ticket sale, the planning of VIP guests and of the delegation seating.
- The LOC is responsible to control that the audience maintains the min. 1.50m distance.
- All traffic flow within the spectators' zone should be one-way. Spectators are advised not to stop in narrow sections of the corridors.
- Spectators' zones and zones for accredited persons must be completely separated.

e. VIP Lounge

- No VIP lounge to be planned at the 2021 European Championships in Aerobic Gymnastics.
- European Gymnastics and NF guests are allowed to attend the 2021 European Championships in Aerobic Gymnastics.
- LOC guests to be kept at absolute minimum. Only seats to be provided.
- Social distancing has to be respected and face masks are mandatory.

9. Accreditation

- The number of accredited persons has to be limited as much as possible.
- European Gymnastics provides updated accreditation regulation information for each event.
- The number of persons in each zone has to be limited as much as possible.
- The persons of each delegation entering the accreditation centre should be limited as much as possible.
- Social distancing in relation to available venue area space must be considered when determining the max. number of persons allowed in each zone.
- If any accredited person does not follow the established Covid-19 prevention procedures, the accreditation card will be removed and the person has to leave the venue.

10. Award ceremonies

- 3 individual podium parts to be used for the gold, silver and bronze position with a distance of min. 1.50m in between.
- Medal to be disinfected prior to the ceremony.
- A person from the LOC is available in the line-up area. The person is required to wear a face mask.
- The person from the LOC briefs the gymnasts about the running and reminds them to remain on the own podium part during the whole ceremony.
- The gymnasts are not required to wear protective masks.
- The medals are presented on a tray by hostesses, the gymnasts take their own medals.
- The gymnasts take their medal themselves before going on the podium.
- The award ceremony runs only with the gymnasts. Dignitaries are not involved.
- The gymnasts remain on their own podium part. No physical contact between the different medal winners.
- Only medals to be awarded (no flowers or gifts, diploma to be given via the delegation mailbox or by e-mail), in order to limit the number of hostesses needed and allow the maximum possible social distancing.

11. Social activities

- All social activities (such as final banquet, gala, city tours, receptions, round table) are cancelled until further notice.
- Any other activities with smaller groups are subject to a risk assessment by European Gymnastics, LOC and local health authorities.

12. LOC Recruitment and Volunteers

- The social gathering of the LOC and its' volunteers has to be kept to the minimum necessary.
- All volunteer training sessions should take place online whenever possible. If the training is to take place on-site, social distancing must be applied.
- Working conditions must follow the recommendations of local health authorities.

13. Media services

- Face masks need to be worn correctly at all times in the venue.
- Photo positions will be available on the Field of Play. Photographers have to respect social distancing measures.
- The press centre, media tribune and commentator positions are prepared with at least 1.5m between each seat and each row of seats or with plexiglass between seats. Regular cleaning and disinfection are applied to these zones as part of the LOC clean-up plan.
- Media representatives must go through the same health screening process as the rest of the accredited groups.

- Media accreditations can be requested until 13 September. All necessary information can be found on European Gymnastics' website: [Media | European Gymnastics](#)

14. Teams' services and logistics

a. Airport transfers

- The LOC must plan to minimize the mix of different delegations during airport transfers. Where this is not possible, there must always be empty row of seats between different delegations. Wearing a face mask on the bus is mandatory.
- It is mandatory that all arrival and departure times are submitted to the LOC the latest at the deadline listed in the directives, to allow the planning by the LOC.
- Delegations are strongly recommended to send only the necessary delegation members and to reduce their delegation size to the absolute minimum.

b. Transportation during the event

- Transport operations during the event must comply with the recommendations of local health authorities regarding social distancing. Wearing a face mask on the bus is mandatory. Where possible an empty row of seats is to be kept between different delegations.

c. Accommodation

- Any accommodation planning must be based on recommendations of local health authorities.
- It is mandatory for all delegations to stay in one of the official hotels.
- Social distancing requirements must be observed in all hotels.
- Delegations only enter their own hotel during their stay at the event. No visits in any of the other hotels.
- It is strongly recommended not to leave the event sites (competition & training venues, hotel, official transportation) during the whole duration of the stay.

d. Orientation meeting for Heads of Delegation & judges' meetings

- The orientation meeting as well as the judges' meetings must take place respecting social distancing (min. 1.50m distance between seats or more if required by the local health authorities). To decide between LOC and European Gymnastics for each event and meeting if it can be held online only resp. for judges' meetings if a different running (in separate rooms) is possible.
- Information about the arrangements listed in these guidelines will be included in the orientation meeting.
- To be considered at each event if the meeting can also be transmitted online to reduce the number of persons in the room.

e. Meals

- Delegations must either book their meals through the LOC or use the room service of the hotel. Going to restaurants is forbidden.
- Interaction between volunteers and delegation members in the dining areas to be limited as much as possible.
- Dining areas of delegations and LOC / volunteers must be separated.
- Food management to follow hygiene provisions following the regulations of local health authorities.
- At the hotel: Separate dining rooms/areas from other hotel guests with sufficient space to allow social distancing between different delegations must be provided.
- Prepare as much as possible in the dining area/s before the delegation arrives.
- Sufficient water/drinks already available on the tables in individual bottles.

15. References

- [FISA World Rowing: Advice for Event Organisers and Member Federations](#)
- [FIG Directives for the 2021 TRA World Championships](#)
- [FIG World Challenge Cup 2020 in Hungary Covid-19 Guidelines](#)
- [FAQs on Mass Gatherings and COVID-19 including Sporting Events FAQs](#)
- [Key planning recommendations for Mass Gatherings during COVID-19](#)
- [Generic Risk Assessment and Mitigation Checklist](#)
- [WHO interim guidance on how to use risk assessment and mitigation checklist](#)
- [Decision tree flowchart for mass gatherings in context of COVID-19](#)
- [Sports addendum risk assessment and mitigation checklist](#)
- [International Traveling Health Guidelines](#)
- [Advice on Use of Masks](#)
- [WHO interim guidance - "Considerations in adjusting public health and social measures in the context of COVID-19"](#)
- [International Triathlon Union: Guidance for Event Organisers, Covid-19](#)
- [World Rugby: COVID-19 return to rugby guidelines](#)

16. Appendix 1: Instruction Posters

- [Proper Handwashing](#)
- [How to wear a mask](#)
- [When to use a mask](#)

17. Appendix 2: Pre-Event Health- and Responsibilities Questionnaire

To be completed by each accredited person

By the below signature I confirm to follow these Covid-19 guidelines for European Gymnastics events as well as the regulations of the health authorities of the host country at all times during my stay at the event as well as during travel to and from it.

Name	
Federation of	
Permanent address	
Address during the event	
Phone number	
Email address	
Countries visited during the last two weeks	

Within the past 14 days, have you...	YES	NO
Had close contact with anyone diagnosed as having Coronavirus disease COVID-19?		
Provided direct care for COVID-19 patients?		
Visited or stayed in a closed environment with any patient having Coronavirus disease COVID-19?		
Worked together in close proximity, or sharing the same classroom environment with a COVID-19 patient?		
Travelled together with a COVID-19 patient in any kind of conveyance?		
Lived in the same household as a COVID-19 patient?		
Been in quarantine?		
Tested positive to the swap PCR test?		

Have you experienced any of the following symptoms now and in the previous 14 days:	YES	NO
Fever		
Cough		
Fatigue		
Dyspnoea (difficulty in breathing)		
Myalgia (muscle aches)		
Sore Throat		
Chest Pain		
Congestion/Coryza (runny nose)		
Headache		
Chills		
Nausea/Vomiting		
Diarrhoea		
Anosmia/Dysgeusia (loss of taste)		
Chilblains/Pernio (painful swelling of the hands)		

Signature of the person to be accredited (for gymnasts and volunteers under 18: signature of a parent)	
For delegations only: Additional signature of the medical doctor of the delegation (or medical doctor responsible for NF)	
For delegations only: Additional signature of the head of delegation	

**This form will be kept until 4 weeks after the end of the competition.
The records will be destroyed after this date.**