



# ***IBU* EVENT GUIDELINES** ***INFECTION PREVENTION***

© **INTERNATIONAL BIATHLON UNION**

NOVEMBER 2023  
[www.biathlonworld.com](http://www.biathlonworld.com)

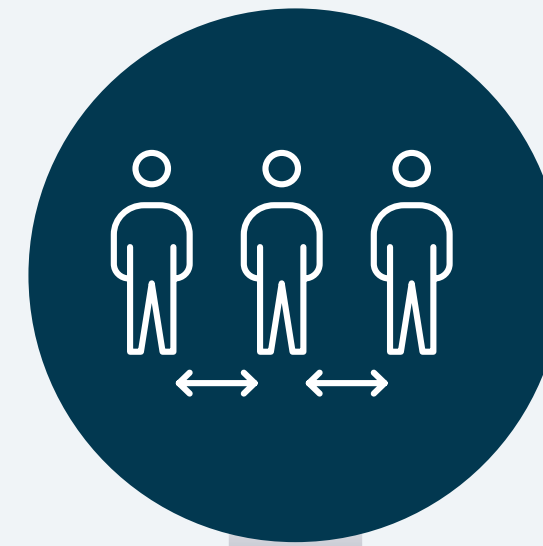
## INTRODUCTION - GENERAL

- ▶ IBU assures that maintaining the safety and health of everyone involved at IBU events remains a priority in all planning processes
- ▶ Respiratory infections, most often caused by viruses, are the most common cause for absence from competition and training in biathlon.
- ▶ After the restrictions caused by the pandemic have been lifted, also other viruses than SARS-CoV-2 are spreading easier and causing respiratory infections. For example Influenza A (flu) can cause a respiratory infection that often can keep the athlete from training for weeks, and the flu season coincides with the international biathlon competition season.
- ▶ Same procedures that prevented the spreading of COVID-19 will also limit spreading of other respiratory infections.
- ▶ The intention of these Guidelines is to assist in the general set-up and behavior to prevent spreading of any respiratory viruses.
- ▶ Stricter or more specific plans and detailed procedures might be defined in close cooperation with the OCs regarding the current situation, as well as national and regional rules and restrictions.

## RESPONSIBILITY



## DISTANCE



## HYGIENE



### ► **Communication**

Monitoring  
Reporting

### ► **Behaviour**

„Act as you want others to act“

### ► **Limited contacts**

### ► **Isolated sick persons**

### ► **Digitalized processes**

Offices  
Media

### ► **Masks in certain situations**

### ► **Hand-Washing**

### ► **Disinfection**

### ► **Respiratory Hygiene**

(e.g. coughing)

### ► **Cleaning plans**

## BEHAVIOUR

- ▶ **„Act as you want others to act“**
- ▶ Encourage people to act responsibly and remind **to maintain a high level of personal hygiene, including handwashing and minimising physical contact.** If you feel/become sick, you should inform your Team medical.

## VACCINATION

- ▶ Full vaccination status is recommended and it should be kept updated **according to individual situation and the recommendation of the country of residence** (including all potential infectious diseases as e.g. Covid-19, Influenza A etc.).

## RESPONSIBILITY



## AVOID CONTACTS

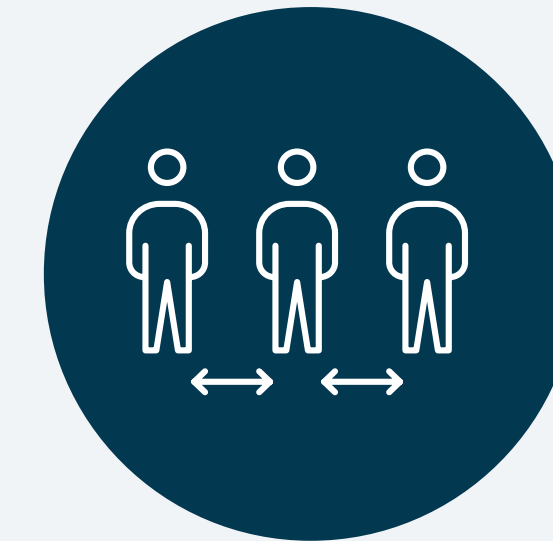
- ▶ Reconsider your own health status before you meet other people and/or travel with the team
- ▶ Close contacts in crowded areas without protective measures increase the risk of infection
- ▶ Teams should implement a policy that only healthy athletes travel with their team to protect others and ensure **team performance/success during the whole season**

**For OCs:** Review all areas to enable people to remain the necessary distance to protect themselves

**Critical areas can be for example** (but not exclusively):

- Catering Zones
- Waiting / Changing / Doping Control
- Mixed Zone
- Officials' rooms
- Hospitality (if existing – for partners / invited guests)
- Spectators stands (if existing)

## DISTANCE



## DIGITALIZED PROCESSES

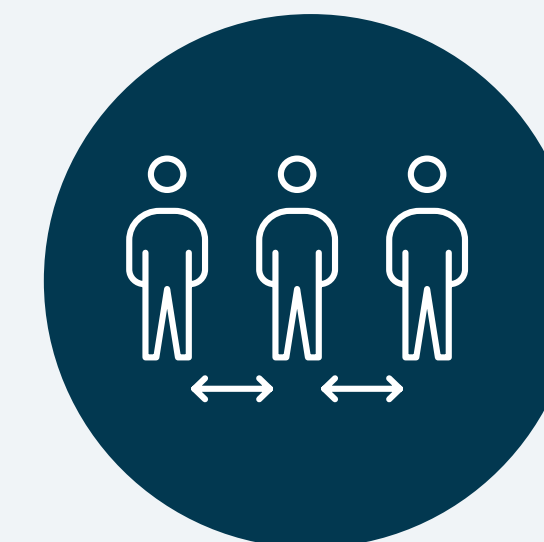
- ▶ As digital as possible (competition entries, starting lists, results, analyses, etc.)

## CEREMONIES

- ▶ Ceremonies outside the venue (public areas) are **not recommended or requested by IBU\***
- ▶ If such ceremonies are planned by OC, teams are **not obliged to participate!\***  
OCs will take all possible measures to ensure the safety of athletes

\* Medal ceremonies at the WCH are the only exception and will be conducted as planned

## DISTANCE



## MASKS

- ▶ No strict mask obligation but **recommended** to wear masks in shared/crowded indoor areas and in any kind of transport with other persons than own team / company.

## HAND-WASHING

- ▶ Provide sufficient infrastructure including soap and paper towels
- ▶ Signage with description of proper procedure (minimum 20 seconds with soap and warm water + drying with single-use (paper) towel)

## DISINFECTION

- ▶ Provide and use disinfection dispensers/sanitizers (multiple locations) with an alcohol-based liquid
- ▶ Use those disinfection regularly and properly
- ▶ Washing of clothes, especially (ski) gloves & sports gear that may contain “body fluids” is recommended frequently (check options with hotels)

## HYGIENE



## **RESPIRATORY HYGIENE**

- ▶ Stay home or in single hotel rooms when infection symptoms occur to minimize risk of transmission of infections to others
- ▶ Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze and throw away the tissue in a waste container
- ▶ Afterwards wash / disinfect your hands

## **CLEANING PLANS**

- ▶ Review and ensure a regular cleaning schedule
- ▶ Regular air changing in closed rooms

## **HYGIENE**







INTERNATIONAL  
**BIATHLON**  
UNION

© NOVEMBER 2023

[www.biathlonworld.com](http://www.biathlonworld.com)

Sonystrasse 20, 5081 Anif b. Salzburg, Austria

For any questions, please contact:

**Martin Stricker**, Sport & Event Manager, [martin.stricker@ibu.at](mailto:martin.stricker@ibu.at)

**ABOUT IBU** The International Biathlon Union (IBU) is recognised by the International Olympic Committee as the international governing body for the Olympic sport of biathlon. Headquartered in Anif near Salzburg, the IBU is a non-profit organisation registered in Austria that regulates the sport and oversees competition organisation world-wide. In cooperation with its 60 member national federations, the IBU uses competitions, events, programmes and other activities to promote and develop participation in Biathlon throughout the world.