

COVID-19 & VARIANTS

COMPETITION PROTOCOL



MONARCA¹⁷

El Peñón - Temascaltepec

January 09 – 15, 2022

Organized by:



Has the following health Certificates:



INTRODUCTION TO THE RECOMMENDATIONS OF THE FAI-CIMP

The aim of these recommendations is to lower the chance of becoming ill from COVID-19 and to prevent the spread of the virus. These recommendations do not mean that they will exclude further spread of the Corona virus, or that an individual cannot be caught by the virus. Even when strictly applied, there will remain a chance that cross contamination can occur. To exclude any contamination, only strict quarantine is valid.

To take responsibility is the main topic.

In an infected person, the virus is present in body fluids, especially fluids from the nose-throat region. But it can also be excreted in stools or exhaled air. The hands are an important route for spreading the virus.

It is well known that viral particles can remain on surfaces. Depending on the material, even as long as 72 hours.

Effective restrictions to reduce spreading of the virus and preventing illness are:

- Washing hands thoroughly and often with water and soap. If not possible, use antiviral fluids for the hands (alcohol 70%)
- Availability of antiviral fluid at all places where people come together
- Prevent touching the face with the fingers
- Physical distancing, at least 1.5 meter
- No physical distancing only permitted in case of members of the same household
- Sanitizing surfaces that are touched by others

It also stresses that national regulations prevail at all times over FAI recommendations, which are meant to complement existing efforts and to support those countries where no specific air sports documents are in place. In other words, national rules are always the primary guidelines. Therefore, FAI strongly recommends to also stay informed about the latest national instructions.

The considerations and recommendations of the World Health Organization (WHO) are important.

For sport events and mass gatherings (contests, meetings) risk assessments and tools are included. The International Olympic Committee has provided information on this subject:

WHO Risk Assessment for Sport Events and Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/points-of-entry-and-mass-gatherings>.

This document provides a COVID-19 risk assessment and mitigation checklist for use by host countries and mass gathering organizers. It also includes an operational tool which offers guidance for organizers holding meetings during the COVID-19 outbreak and which should be accompanied by the WHO COVID-19 Generic Risk Assessment Excel file. It should be read in conjunction with WHO's key planning recommendations for Mass Gatherings in the context of the current COVID-19 outbreak.

For all air sports, the guidance of the UK CAA is very useful:

https://publicapps.caa.co.uk/docs/33/CAP1919%20GA_RTS_ADVANCE_E2.pdf
<https://publicapps.caa.co.uk/docs/33/CAP1925%20COVID%2019%20Preparing%20to%20return%20to%20flying%20for%20GA%20pilots%20E2.pdf>

For cleaning and sanitizing avionics:

GENERAL RECOMMENDATIONS

1 RECOMMENDATIONS FOR ALL FLYING ACTIVITIES

- In case of health complaints, even mild, such as a common cold, sneezing, sore throat, cough, fever, shortness of breath, but also abdominal complaints, headache, other “strange” symptoms: stay at home, do not come to the airfield.
- In case of a member of your household having these health complaints: stay at home.
- Transmission of the virus is possible, even when a person has not yet complaints.
- In case of contact with an infected person in the last 14 days: stay at home.
- Take your own food, drinks, protecting materials to the airfield.
- Per aeroclub, a corona-official person can be appointed. Tasks: to coordinate applicable regulations, check compliance, point of contact.

2 RECOMMENDATIONS AT THE AIRFIELD

- Physical distancing, do not shake hands
 - Strict hand hygiene
 - Specific tasks to be performed by one person. After the task is completed, all touched surfaces to be cleaned or sanitized
 - Better use personal equipment than common equipment
 - Watch each other, make comments in case of non-compliance
 - Only perform flying activities if fully “fit-to-fly”.
 - For persons at risk (> 70 year, conditions such as diabetes, cardiovascular disease, cancer, but not limited to these): stay at home
- A limitation of the number of persons present at the airfield is highly effective:
- Use time slots
 - Make a scheme for participants
 - No social activities
 - Limited time present at the airfield
- Other measures :
- Use doors and windows at the minimum, to avoid contact with surfaces
 - Avoid public transport
- In case of inability to keep physical distance, mitigation measures may be applied.
THIS DOES NOT RESULT IN THE SAME DEGREE OF PROTECTION!
- Disposable hand gloves, to be removed immediately after use and disposed off into a closed bin
 - Face masks
 - Safety spectacles
- Face masks: non-medical face masks only protect others, to some extent, from droplets spread by coughing, sneezing, exhaling, talking. They do NOT provide protection from receiving the corona virus from other persons, as the virus can be present in aerosols. These are not blocked by non-medical masks.

IMPORTANT ISSUE

Understand WHY measures are implemented.

Use your common sense!

MONARCA PARAGLIDING OPEN MANDATORY PROTOCOL

Pilots must have or to be tested for **COVID-19** nostril swab infection (Corona Virus) with no more than 3 days before **MONARCA PARAGLIDING OPEN 2022** competition starts.

Cancellation of practice and/or competitions, as well as the possibility of isolating for competition period, may happen with little notice as a result of knowledge that athlete has contracted **COVID-19**.

PARAGLIDING GENERAL RECOMMENDATIONS

- Physical distancing
- Face masks
- Open windows during transportation
- Use preferably own equipment
- Shared equipment: to be sanitized or cleaned after each use, conforming to the guidance of the manufacturer.
- The use of disposable hand gloves is recommended, to be removed immediately after use and disposed off into a closed bin
- Watch the wind direction on the launching point, choose an upwind position.

FAI – FEDERATION AERONAUTIQUE INTERNATIONALE – THE WORLD AIR SPORTS FEDERATION – WWW.FAI.ORG

PCR TEST IN VALLE DE BRAVO

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