



**Last updated: 2020-10-08**

## NATIONAL HYGIENE CONCEPT

**National federation:** Sweden

### 1. General applicable rules

The purpose of the national hygiene concept is to protect the health of all athletes, coaches, support staff, officials, organizing committee and all volunteers. The national hygiene concept is in all of its parts compliant with international federation's concepts, rules and regulations to minimize risk of spreading Covid-19 infection.

Following basic rules applies in general:

- Regular hand hygiene with frequent hand washing
- Minimum distance to others by 2 meters
- Practice cough and sneeze etiquette
- Avoid body contact such as handshakes and hugs
- Avoid touching your own face, mouth, eyes or nose
- Use face mask in public
- If symptoms of respiratory infections (even small); stay at home, report to management, seek medical attention if necessary and share documented travel and people history
- Keep updated on and follow rules and regulations

We cannot enough denounce the importance of personal responsibility. It doesn't matter how good concepts we have if they aren't followed by everyone. We all have a big responsibility to comply with rules, regulations and concepts to reduce risk of infection and to keep each other safe.

### 2. Travel

Travelling is a big risk of catching and spreading Covid-19. Therefore travelling should be reduced to a minimum and public places as bus stations, train stations, airports and rest stops should be avoided. In Europe travelling by car is preferable. For longer trips outside of the EU travel by airplane can be an option if guidelines are followed strictly. It is recommended, if possible, to sit apart from others on the airplane.

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National travel restrictions differs between countries and may change rapidly. Therefore it is always important to follow the development in the respective country and strictly adhere all applicable rules and recommendations such as hygiene rules.

General guidelines to reduce risk of spreading Covid-19 when traveling:

- Use face mask (covering both nose and mouth) when in public
- Avoid close contact to other by staying at least 2 meters from anyone outside own team
- Wash hands and use hand sanitizer
- Avoid touching own eyes, nose and mouth
- Document travel history
- Only people with a negative Covid-19 test are allowed to travel
- Only people from own team are allowed in the car
- Avoid any unnecessary stops when traveling between races or from accommodation to race venue

### 3. Rules for hotel accommodation

It is recommended that athletes, team staff and other accredited persons from national federations are housed in single rooms if circumstances allows. Unless prohibited by applicable hygiene rules, double rooms may also be used. Beds should be located in different areas with sufficient distancing.

Avoid social interactions in larger groups within team and always avoid close contact with other hotel guests.

Make sure that dining rooms and eating areas provide sufficient space and it is recommended to arrange sitting apart from other guests. If space doesn't allow this dining at different times as other guests could be a solution.

Always make sure that there is an opportunity to isolate team members in single bed rooms if symptoms of respiratory infections occurs.

### 4. Rules for track training

General guidelines to reduce risk of spreading Covid-19 when training in track:

- Only people with correct accreditation, valid negative Covid-19 test and without any symptoms of respiratory infections may go to track.
- Arrive at track ready to train. Only enter changing areas if absolutely necessary.
- Keep distance to other people with at least 2 meters.
- Use face mask (covering both nose and mouth)
- Keep the staying at the track as short as possible

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- Never share water bottles or other personal equipment
- Always apply to information on signs or given by officials and/or volunteer staff

## 5. Rules for athletic training

General guidelines to reduce risk of spreading Covid-19 when training outside track:

- Only people with correct accreditation, valid negative Covid-19 test and without any symptoms of respiratory infections may attend athletic training.
- Keep the group small. Split group if more than 8 people.
- Never share water bottles or other personal equipment
- Training outside is preferred.
- Avoid public gyms and training venues
- Arrive ready to train.
- Keep distances to other people with at least 2 meters.
- Use face mask (covering both nose and mouth)
- Use hand sanitizer and also disinfect all surfaces touched by other
- Always apply to information on signs or given by officials and/or volunteer staff

## 6. Rules and code of conduct for athletes and support staff outside of national training operations

Also when not engaging in national training and competing all athletes and team staff need to do everything they can to reduce risk of spreading Covid-19.

Following basic rules apply in general:

- Regular hand hygiene with frequent hand washing
- Minimum distance to others by 2 meters
- Practice cough and sneeze etiquette
- Avoid body contact such as handshakes and hugs
- Avoid touching your own face, mouth, eyes or nose
- Avoid public transportations
- If possible, work from home
- Avoid big social activities such as birthday parties, weddings, funerals, etc
- Use face mask in public
- If symptoms of respiratory infections (even small); stay at home, report to management, seek medical attention if necessary and share documented travel and people history
- Keep updated on and follow rules and regulations

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## 7. Name and contact data of national hygiene officer

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