



UNION INTERNATIONALE  
DE PENTATHLON MODERNE

# **COVID-19:** RESTART GUIDELINES FOR NATIONAL FEDERATIONS

## FOREWORD

Dear National Federation members, athletes and coaches,

The situation regarding the COVID-19 Coronavirus pandemic has affected all continents of the world and had an impact on all aspects of society, including sport. However, the worldwide health situation is changing constantly and some countries and regions have been able to cope with the pandemic or significantly improve the epidemiological situation.

To date, medical professionals are using improved methods of treatment and prevention, testing of COVID-19 and rehabilitation after the illness. The scientific component is also developing and it is highly likely that a vaccine will be created soon.

Due to the weakening of quarantine measures in different countries and a phased return to normal life, athletes are starting to go back training. The most important thing for all of us is to ensure the health of athletes and not to spread the COVID-19 disease any further. To ensure this, the UIPM strongly recommends that all NFs follow their local Government advice and World Health Organisation (WHO) guidelines.

Modern Pentathlon, our sport, taught us to be strong and ready for various challenges, and to develop our best qualities. The personal responsibility of everyone for the implementation of hygiene standards and rules will help us to ensure the safety of joint activities, overcome temporary difficulties and achieve our goals in the next season.

I sincerely wish all of you good health and well-being, to remain safe and look forward with optimism and hope.

Yours sincerely,

Dr Natalja Ofitserova  
*UIPM Medical Committee Chair*





# 01 INTRODUCTION

This document aims to inform, guide and assist the global Modern Pentathlon community in the gradual return to regular activities after the COVID-19 pandemic. It has been created following WHO recommendations and with the participation of the UIPM Medical Committee.

The WHO has also developed, for nations returning to normality, a special document addressed to sports event organisers. It is focused on providing additional support in assessing specific risks, identifying mitigation activities and making informed, evidence-based decisions when planning mass gathering in the context of COVID-19.

Under no circumstances should these guidelines be used in place of any regional or local restrictions or policies issued by governments and health authorities; they are a supplementary resource to help National Federations, athletes and their support teams, coaches, judges and fans to restore their training and competition routines with correct management to ensure sport does not contribute to the spread of COVID-19. In these unprecedented times the development of events is very fast and staying updated through official local government communication channels is paramount for the whole sports community.

When returning to training after lock-down, keep in mind that athletes need to adapt for at least six weeks before they will be able to resume normal training. It is crucial to avoid intense physical activity and to make health and immunity maintenance the top priority during this period. Stop physical exercises immediately if there is any concern regarding health and consult a physician.

Remember to always respect social-distancing and respiratory etiquette, washing hands regularly and correctly, using nose/mouth masks in certain circumstances, and avoiding shaking hands and hugging.



## 02 GENERAL INFORMATION

The following information on this topic has been provided by WHO:

*“Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.*

*Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.*

*The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based disinfection, rub frequently and not touching your face.*

*The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it is important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).*

*Currently, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.”*



## 03 SUSPENSION OF COMPETITIONS

After the Executive Board’s decision to postpone (March) and cancel (April) most of UIPM’s major competitions in 2020, Confederations and National Federations did the same after following the direction of their governments.

Also in April, UIPM President Dr Klaus Schormann issued a statement in support of athletes and National Federation members who are trying to come to terms with new ways of living imposed by the pandemic, which has caused all UIPM Sports activity to cease.



## 04 COMPETITION RESTART

UIPM is now deeply studying and working on potential solutions for the 2020 and 2021 competition calendars. Other than the Olympic qualification competitions in 2021 (already scheduled), the UIPM will present in the coming weeks the decisions that will be made relating to UIPM events in the second half of 2020, as well as the Youth Olympic Games qualification system where competitions will start in 2021.

Confederations and National Federations will slowly restart the process of resuming their training routines and organising competitions. There is no start date or deadline fixed for that. We ask that you respect the recommendations provided and the restrictions enforced by your governments.



## 05 GENERAL GUIDANCE

At this moment, it is widely accepted that a phased restart process is vital for a safe transition. A safe environment must be the main concern for our whole community.

Starting from individual training with minimal coaching support in the first phase, moving on to small groups carefully coordinated to respect distancing and specific training areas, the process can be concluded with bigger groups training together at the same venue.

In terms of competitions, National Federations should have in mind that sporting activities will change completely and this is going to last a long time. It is very possible that, especially in the beginning, many will not be comfortable to take part in activities with a certain number of people. It is also natural that when competitions restart, public authorities will probably restrict or even prohibit crowds and spectators. Specific regulations regarding social distancing in spectator areas, as well as protocols for regulating entry and exit, will be needed.

Differing national and regional approaches to the gradual resumption of normal activities will be expected. A crucial concern for organisations is to be aware that at any time, the restart process may be required to stop, because of emerging contamination issues in the sport, city, town or region.



06

## TRAINING RECOMMENDATIONS FOR COACHES AND ATHLETES

When planning the return to training activities, some recommendations are paramount to reduce the general risk of transmission of a potential infection:

- All regulations regarding the use of sport facilities must be strictly adhered to.
- Daily disinfection and cleaning of sport facilities after and between training sessions.
- Sharing of equipment must be prohibited.
- Training in small groups is highly recommended.
- Daily health checks for all participants, including temperature checks.

We encourage you to follow the recommendations of your national government. The proposal below is not exhaustive or mandatory but can help to guarantee a successful restart. They should be widely promoted and exposed not only on-site but also using social media and websites. Creating awareness in the community and encouraging the adoption of all prevention actions will lead to the smooth implementation of new routines.

To follow WHO recommendations about protecting yourself and others from the spread COVID-19, click on this [link](#) to access all information.

DISCIPLINE	RECOMMENDATIONS
<b>General</b>	<ul style="list-style-type: none"><li>• Avoid gatherings at the entrance and exit of training venues. It is recommended to keep a safe distance between people of at least 2 metres.</li><li>• Training facilities where possible should take place outdoors; when indoors it is important to have a space that is well-ventilated.</li><li>• Check which staff and athletes are considered essential to conduct an effective training session and restrict presence to those people.</li><li>• Specify what close-contact coaching practices should be considered as crucial to the delivery of the session.</li><li>• Do not share drinking bottles or other vessels.</li><li>• Drink sufficient water and take care of your nutrition.</li><li>• Cover your mouth and nose with a tissue or arm when you cough or sneeze, never by hand.</li><li>• Never touch your eyes, nose or mouth with unwashed hands.</li><li>• Avoid using gym equipment if you do not know if it has been disinfected beforehand.</li><li>• After exercising, try to clean your clothes and any material in hot water (60-90C) for at least 5 minutes. Use ordinary detergent.</li><li>• During all training sessions, coaches and support teams must wear protective masks.</li><li>• Keep to a safe distance in all talks between athletes and coaches during the training sessions.</li><li>• Put personal items and clothes in personal bags, avoiding leave them exposed in changing rooms.</li><li>• Minimise the time spent in changing room, avoiding direct contact and maintaining a social distance.</li><li>• Body temperature checks should be carried out as often as possible. If a temperature is 37.5C or higher, the person should not take part in the training session and the doctor in charge of the team must be immediately contacted.</li><li>• Visits to the steam rooms and saunas are not recommended during this period.</li></ul>

DISCIPLINE	RECOMMENDATIONS
<b>Fencing</b>	<ul style="list-style-type: none"> <li>• Ensure no fencing masks, épées and gloves are shared.</li> <li>• While in the fencing room resting or waiting, all involved in the training session must use protective masks.</li> <li>• No shaking hands or other physical contact after bouts.</li> <li>• Where possible, organize outdoors sessions (for individual fencing lessons is almost always possible to find a solution).</li> <li>• When planning fencing lessons, respect time slots to avoid many athletes waiting at the same place.</li> </ul>
<b>Swimming</b>	<ul style="list-style-type: none"> <li>• Keep only 2 athletes per lane.</li> <li>• Where possible, alternate athletes in different lanes (e.g. while some athletes start an exercise in lanes 1, 3 and 5, other athletes simultaneously start the same exercise in lanes 2, 4 and 6).</li> </ul>
<b>Riding</b>	<ul style="list-style-type: none"> <li>• Ensure no helmets, gloves, reins or stirrups are shared.</li> <li>• Keep at least 10m distance between athletes during the session.</li> </ul>
<b>Running/ Laser Run</b>	<ul style="list-style-type: none"> <li>• Avoid sharing pistols.</li> <li>• Keep adequate distance between shooting stations (at least 2m).</li> <li>• Coaches to ensure staggered starts for each athlete in running / LR sessions.</li> <li>• When running keep at least 10m distance between athletes and avoid getting in the slipstream.</li> <li>• Optimise circulation in training sites to avoid crossings.</li> </ul>



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