

Quarantine Center for Elite Athletes Šamorín

Ensuring the continuity of safe sports training during the current uncertain situation caused by the COVID-19 pandemic

13th November 2020



Olympic Training
Center Slovakia

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Thanks to the **joint initiative between the Slovak Olympic and Sports Committee and the Olympic Training Center, a Quarantine Center for top sports athletes was established** in Šamorín with the **aim to help athletes by ensuring the continuity of sports training**. The statute of the quarantine center for elite sports was supported by the State Secretary of the Ministry of Education, Youth, and Sports of the Slovak Republic. Ivan Husár, as well as the Government Plenipotentiary for Youth and Sport, Karol Kučera. It was approved by the Central Crisis Headquarters while respecting the tightened regime in relation to the fight against the spread of coronavirus COVID-19.

Compliance measures for the Quarantine Center of Elite Sports Athletes

Safe and controlled area for accommodations, catering and sports training

The Quarantine Center for Elite Sports (also known as „QCES“) has a preferable location in an isolated part of Šamorín. The area is completely enclosed and offers the possibility of complete seclusion with 24-hour monitored security access consisting of only one entrance gate with controlled entry.

- Hermetically sealed QCES area offering controlled entry with a ban on entry by all unauthorized personnel
- Access granted only with a negative COVID-19 test and subsequent provisions of mandatory testing for COVID-19 enforced at the entrance to the QCES
- The establishment of an isolated quarantine pavilion with a separate entrance for the individuals in isolation who are awaiting the results of the RT-PCR examinations in order to be released into the QCES normal regime

Observed Measures:

- **Demonstration of a negative test result for entry into the QCES.** Entry into the QCES and all zones involving direct contact with athletes (accommodation, catering facilities and sports grounds) is **granted only by proving a negative test result of an antigen or RT-PCR test for COVID-19 not older than 72 hours**. QCES provides controlled entry at the main gate and is obliged to keep a running list of all individuals entering the QCES with a valid entry permit only (including QCES staff, possible VOM staff, medical staff and suppliers).
- **Prohibition of entry of all visitors and unauthorized personnel into the zones involving direct contact with athletes.** Apart from the QCES staff, entry is granted only to individuals identified by individual sports associations (athletes and accompanying/organizational team) and to persons according to the guidelines of the ÚVZ SR.
- **Establishment of an extended sampling point** (also known as „VOM“) **for the purposes of OTC** for an initial laboratory examination for COVID-19 before placing any athlete/staff member from the natural home environment into the QCES facility.
- **Input control by the RT-PCR method.** Upon entering the QCES, a VOM will be established and entry control will be carried out on tested athletes, the accompanying team, and any staff in direct contact with athletes according to the recommendation of ÚVZ SR (laboratory diagnosis of COVID-19 by RT-PCR method). Testing will be made available to only those individuals who follow the COVID-19 guidelines, are not suspected of having the disease, and have not come into contact with any individual with a probable or confirmed case of COVID-19. **Entry to the QCES will be granted only on reserved arrival days – Monday and Thursday between 13:00 – 17:00.**
- **Establishment of an isolated quarantine accommodation pavilion.** Use of the quarantine pavilion will ensure the isolation of persons awaiting the sampling results of RT-PCR examinations (maximum within 24 hours), and **only in the case of a negative result is the person released into the normal QCES regime**.
 - QCES will set aside an isolated pavilion with a separate entrance with an accommodation capacity of 60 rooms (2 separate units in each room). Each athlete must be accommodated alone in the room, with the exception of athletes (including families or coaches) who arrived together in one vehicle (at the same time) with others. In this case, each unit should contain 1 persons with a maximum capacity of 2 persons per room.
 - Meals will be provided 3 times a day and will be delivered in disposable packaging (possibility to choose a vegetarian alternative before arrival). The staff member delivering the food will be equipped with a protective shield and gloves, and will place the food in front of the door after knocking. The meal service starts in the evening and ends during breakfast or lunch the next morning or within 24 hours of receiving a test result.
 - Housekeeping for each room is not performed during the quarantine accommodation period. Each accommodation unit will be equipped with cleaning materials including disinfectants. After the completion of each quarantine accommodation, the QCES staff will ensure the thorough disinfection of each unit in each room as defined by the hygienic and epidemiological guidelines, and ensure the replacement of hygienic disinfectants and clean linens and towels.
 - On the premises of the quarantine pavilion, supervision will be ensured by a responsible person (referred to as the QCES Quarantine Pavilion Coordinator). This person will oversee compliance according to the quarantine regime and ensure the arrival/departure of the athletes accommodated in the allocated room/units, so that they do not come into contact with other persons or have access to areas outside the quarantine room (as specified).
 - All persons accommodated within the QCES quarantine pavilion are isolated and not permitted to leave the designated room until RT-PCR test results are known (within 24 hours). The quarantine pavilion area is monitored at all times.

Setting accommodations under the normal QCES regime after a negative RT-PCR testing result

The Olympic Training Center has 282 rooms consisting of 5 freestanding hotel pavilions. When allocating one pavilion as an isolated quarantine pavilion and another pavilion as an isolated pavilion for the accommodation of the QCES staff who are in direct contact with guests, a large separate accommodation capacity remains. The Olympic Training Center has allocated 2 pavilions for the accommodation of athletes who are taking part in the normal regime of the QCES. Accommodation is provided in rooms with a capacity of 1-4 persons including sufficient storage space for those athletes seeking long-term accommodation. Rooms are spacious (44m²) and include a balcony and separate bathroom. Rooms are divided into 2 separate units, each equipped with an LCD/TV, desk, telephone and fast WiFi connection.

Observed Measures:

- **Ensuring the awareness of the obligations of all athletes accommodated.** A fact sheet will be placed in each room stating the basic information and obligations of all accommodated athletes, including the obligation to observe all accommodation and hygiene principles. In the event of a breach of these obligations and, where applicable, instructions from the Coordinator of the normal QCES regime, consequences can result in the termination of stay at the QCES. Information will be provided electronically prior to arrival at the Olympic Training Center, and can be found on printed pamphlets, heard through overhead announcements and via LED/TV screens in all accommodation rooms, catering and sports facilities.
- **The athlete is required to monitor his/her state of health** (sudden onset of at least one of the following symptoms: fever, cough, shortness of breath). In the event of the appearance of symptoms, he/she must notify the Coordinator of the normal QCES regime immediately.
- **The movement of athletes within the common areas in the normal QCES regime is recommended (not mandatory) with protective equipment (face mask) as long as athletes are able to observe a minimum distance.** Under the regime, the operation of evening bars and other on-site restaurants, such as Olym-Pick restaurant, will be limited and will cater to athletes in the form of all you can eat services. At the same time, these facilities will operate for the daily purchases of food, snacks and beverages.
- **Movement is allowed within the exclusively hermetically sealed area of the QCES.** In the event an individual leaves the QCES area, there will be a need to re-pass the mandatory entry check point including the need to redo the RT-PCR test.
- **The movement of athletes in the public areas of the QCES will be limited to a set period of time from 6:00 – 22:00.** Outside of this time frame, it is mandatory that all individuals stay in their allocated rooms.
- **The Coordinator of the normal quarantine center regime will supervise all QCES operations with enhanced security measures.** Besides the Coordinator, additional staff from all facilities will be available to athletes directly (the QCES receptionist, cleaning staff, sports staff, etc...).
- **Upon arrival at the QCES, all athletes will receive an electronic identifier (card or watch with a chip), which will allow them access to individual accommodations as well as individual facilities and sports areas based on their reservations and specifications.** This pre-determined information will ensure the coordination and movement of athletes, thus ensuring compliance to the tightened regime and rules within the CCSS.

Setting accommodations under the normal QCES regime after a negative RT-PCR testing result

The Olym-Pick restaurant, which covers an area of 945 m², will provide catering to athletes. During the day, athletes will be able to choose a quality and nutritionally balanced diet from a wide range of dishes according to their own tastes. In the event of a request for refreshments and beverages outside the catering regime, an all-day „take-away point“ will be set up within the QCES. Air disinfection units will be installed in the restaurant for added disinfection purposes.

Observed Measures:

- **Minimization of service personnel**, who come into direct contact with athletes. Necessary restaurant staff will keep a sufficient distance from athletes and wear protective equipment (gowns, gloves, and face shields) when serving food.
- **Method of food preparation.** Strict adherence to HACCP principles (good manufacturing and hygiene practices) will be followed, thus creating an appropriate framework for food production and handling. The preparation of food will take place in a closed kitchen, and hot foods will be transferred in thermal containers by staff who follow a strict hygienic regime without having contact with athletes.
- **Recommended 2 meter distance between diners.** It is recommended (not mandatory) to have only one person dine at each table in order to maintain a 2 meter distance between individuals.
- **Visitors are informed of hygienic principles.** Hands must be washed after eating, handling waste or trash, blowing the nose, and when coughing or sneezing. When coughing or sneezing, the mouth cannot be covered with the palm of the hand. A tissue must be used which must then be thrown in the trash immediately after use.
- **Method of delivery, receipt and acceptance of goods in order to minimize contamination from the external environment.** Suppliers enter the QCES premises at the allotted time, and the goods are stacked on the ramp by staff members who are not in direct contact with the athletes.

Sports facility usage guidelines at the QCES after a negative RT-PCR examination result

The Olympic training center includes several sports venues for professional athletes and sports teams, accommodating over 20 Olympic sports by June 2021. All indoor and outdoor sports facilities are separate isolated units, each equipped with a secure entry card system. This allows athletes secure access to the facilities while complying with the strict rules regarding the usage of sports facilities (maximum capacity) in order to protect the health of all athletes.

Observed Measures:

- All sports venues, that are set under the strict security regime of the QCES, are systemically set in such a way that **ensures controlled entry to the relevant sports venues**. The QCES Coordinator is available to athletes at all times via the reception desk or by calling the listed telephone number posted in all hotel rooms. The QCES Coordinator can be used to set reservations for different sports venues as well as provide additional services. The QCES Coordinator will reserve and confirm the entry to the sports grounds for individual athletes so that the rules of the strict regime at QCES are observed at all times. A current schedule showing the availability of individual sports grounds will be visible and accessible at the reception.
- Athletes will enter the sports facilities independently (or accompanied by a coach/team member) at a specific given time by using a secure entry card (watch or electronic wrist identifier).
- In compliance with the stricter safety rules at the QCES (no gathering of groups outside of the permitted training area and keeping a safe distance), **athletes performing a sports activity/training will be able to do so without protective equipment** (face mask).
- **Automatic filtered air circulation is provided at all indoor sports facilities**. Within the swimming facilities, chlorination levels are ensured by an automatic dosing and regulation system, and is measured by technicians manually on a daily basis.
- Operational staff is available to athletes at each of the individual sports facilities to ensure their operational needs (handling and storage of sports equipment, technical problems, etc...) In the event of necessary contact with the athlete, QCES staff is obliged to use protective equipment (gown, gloves, and mask) and observe the minimum distance.
- The technical staff of the QCES will access the sports facilities when not in usage or reserved by athletes in order to provide deep cleaning and disinfection to all areas.

Launch of the Quarantine Center for Elite Sports Athletes

The minimum occupancy required to operate the Quarantine Center for Elite Sports is 60 rooms (20% occupancy) during the observed month. This capacity may be composed of several different groups of athletes and/or sports associations. It is necessary that all requests from top athletes be sent in a comprehensive and coordinated email to karantennecentrum@x-bionicsphere.com. Based on the forwarded requests (number of rooms needed, number of catering units, and basic reservation of sports facilities), a price offer will be sent. If any additional services are requested when present at the QCES, the main QCES Coordinator will be able to add the additional costs to the overall price offer.

Demand from top athletes

- **The minimum order for accommodation is 5 rooms**, which can consist of athletes from several different groups.
- **The minimum length of stay is defined as 14 nights/ 15 days (2 weeks from arrival), or 29 nights/ 30 days (month from arrival)**.
- The price list can be found on the following page. The rate of % discount is dependent on the volume of requested rooms and the length of stay.
- The agreed upon price offer is non-refundable (free cancellation is not possible). An advance payment of at least 80% of the price offer is required in order to confirm the reservation.

Important Information

- Upon arrival at the QCES, it is **necessary to prove a negative antigen or RT-PCR test for COVID-19 not older than 72 hours**.
- **Mandatory RT-PCR testing is required upon entry at the QCES**. Once entry is gained, all athletes and accompanying team members will be directed to the Extended Collection Point where medical personnel will perform mandatory RT-PCR tests for COVID-19 on all individuals (results within 24 hours).
- Check-in days are **Mondays and Thursdays from 13:00 – 17:00** with RT-PCR sampling no later than 17:00 (special requests will be considered).
- **The first expected date for accommodations at the QCES is November, 19, 2020 (Thursday)**.
- **Mail:** karantennecentrum@x-bionicsphere.com / **Contact:** +421 31 32 62 000

Basic price list of accommodation, meals, and access to sports facilities

Number of Rooms	Length of Stay in Days	Room Price / day Possibility of accommodating up to 4 people per room – all prices include VAT	Extra Fee / room per day In compliance with the regulations of ÚVZ SR (hygiene and safety of athletes)	Total Room Price / room per day (up to 4 athletes) In Quarantine Center for Elite Sports	Meal Price/ person per day All you can eat – breakfast, lunch, dinner in Olym-Pick restaurant	Discounts Discounts from the price list below – applies to sports facilities, congress halls, and any other group facilities
5 – 19	15	110 €	15 €	125 €	30 €	10%
5 – 19	30	100 €	10 €	110 €	30 €	30%
20 – 39	15	100 €	15 €	115 €	30 €	20%
20 – 39	30	90 €	10 €	100 €	30 €	40%
40 +	15	90 €	15 €	105 €	30 €	30%
40 +	30	80 €	10 €	90 €	30 €	50%

VAT included in all room prices. City tax of 0.60 €/person/day is not included in the price of the room.

Price list for sports facilities – Discounts applied based on number of rooms and length of stay

Swimming Pool / swimming lanes:

- Rental of one lane in the 50m pool / 1 hour 25 €
- Rental of one lane in the 25m pool / 1 hour 20 €
- Use of pool for recovery purposes/ 1,5 hour /person 4.5 €

Gym:

- All day entry / person 6 €
- Stretching room for rent / 1 hour 50 €

Gymnastics Hall

- One-time entry / 1 hour 15 €
- Rental of entire Gymnastics Hall/ 1 hour 100 €

Other Sports Facilities:

- Track and Field Lane 400m /person free
- Track and Field Lane 200m / person free
- Multifunctional Sports Field/ person free
- Soccer Field / 1 hour 300 €

Price list for additional Services

- Entry RT-PCR test 70 €

Laboratory diagnosis of COVID-19 by RT-PCR test is mandatory for every athlete entering the Quarantine Center for Elite Sports (test results within 24 hours).

- Wellness and regeneration 25 €
- Cryosauna according to availability
- Massage according to availability
- Laundry Service according to availability
- Self operated washer/dryer 2.50 € / load
- Cinema according to availability
- Billiards/ Table Tennis free

Quarantine Center for Elite Sports Šamorín

Map of Facilities



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QCES Informational Desk/ QCES Reception



QCES Coordinator – In conjunction with the reception, the QCES Coordinator continuously coordinates all athlete requests (reservation of sports facilities information about the QCES regime, special requests, etc...) and supervises compliance of all principles to protect athletes' health.



QCES Quarantine Pavilion Coordinator

MAP:

- (1) Controlled Entry Point – Security. Before entry, mandatory temperature check. Entry granted with special permit only..



Quarantine pavilion entrance for all athletes and QCES Staff Members



QCES entry for all athletes and staff members who tested negative after quarantine.



QCES staff who are not in direct contact with athletes and insiders. Shifts are scheduled to avoid contact with insiders.



Delivery / Stock Services



Back entrance for maintenance staff

- (2) PCR Testing Point

Accommodation

- (3) QCES Accommodation Pavilion
- (4) Information Desk/ QCES Coordinator
- (5) QCES Staff Pavilion for those who come into direct contact with athletes
- (6) Quarantine Pavilion QCES with separate entry
- (7) Information Desk / QCES Quarantine Pavilion Coordinator

Food and Beverage

- (8) Olym-Pick Restaurant
- (9) Daily Food/Snack Take-Away Point

Sports Facilities and Recreational Areas

- (10) Swimming – 25m indoor pool
- (11) Swimming – 50m indoor pool
- (12) Recovery / Wellness
- (13) Track and Field
- (14) Multifunctional Sports Field
- (15) Soccer Field
- (16) Gymnastics Hall
- (17) Gym
- (18) Congress Halls suitable for combat and other sports

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