

# Instruction for Quarantine Center for Top Athletes

## IMPORTANT

The Athlete is **OBLIGED TO MONITOR HIS HEALTH** and in the event of symptoms (sudden onset of at least one of the following symptoms: fever, cough, dyspnoea) he/she needs to **NOTIFY THE COORDINATOR OF THE QUARANTINE CENTER BY TELEPHONE WITHOUT DELAYS** and his/hers assigned contact person / trainer.

**On the fifth day after arriving** at the Quarantine Center, all athletes released into the safe zone of the QCTA, on the basis of a negative RT-PCR test, **MUST UNDERGO AN ADDITIONAL ANTIGEN TESTING**. The screening is organized by the Coordinator of the Quarantine Center in coordination with the contact person responsible for sports groups and takes place in the lobby of the SHARK pavilion (standardly on MON and FRI from 10.00). All athletes who undergo the antigen screening, after evaluating the results will receive a fabric bracelet for identification.

The movement of athletes **within the common areas**, outside the sports grounds in the safe zone of the QCTA, is **OBLIGATORY WITH FACE MASK (FFP2 RESPIRATOR after 15th of March)<sup>1</sup>** even after the antigen screening /taking place on the fifth day after the arrival into the QCTA/. As far as the situation allows, athletes outside the sports grounds need to keep a minimum distance and create groups no larger than 6 people.

## Check-in

When staying at your assigned hotel room within the QCTA, you will receive an electronic identifier (door card, or watch with a chip), which will make available to you in addition to accommodation all individual facilities and sports grounds based on a pre-entered reservations made by your association. At the same time, your hotel card / watch will allow you to safely bill any consumption on your hotel rooms account, which must be paid at the latest at check-out.

## Catering during your stay

Meals during your stay will be provided within the Olym-Pick restaurant, where you will be able to choose a quality and nutritionally balanced diet according to your own taste from a wide range of dishes. **Breakfast (07:00 to 10:00), lunch (12:00 to 14:30) and dinner (18:00 to 20:30) are served buffet style in the Olym-Pick restaurant, located in the hotel lobby.** You enter and exit the restaurant by placing your watch/door card on the turnstile. **Pay for any extra consumption in restaurants simply by providing your watch/door card**, the consumption will be credited to your hotel account.

## Take away point X-BAR / X-PERIENCE store

We have created a "Take away point" for you at our X-BAR, where you will always find a fresh selection of snacks complemented by a selection of homemade lemonades, soft drinks, coffee and tea. Pay simply by providing your watch/door card, the consumption will be credited to your hotel account. Take away point is available daily from **09:00 until 16:00**. At the same time, you can visit our X-PERIENCE STORE to buy newspapers, drugstore goods, drinks and snacks.

You can find the current opening hours of our other facilities below, for individual reservations and for more information contact the Coordinator of the Quarantine Center for Top Athletes:

## Sports fields and free movement

- **x-bionic® aquatic sphere** is available for you on the basis of a pre-confirmed training appointment within the opening hours (**MON-FRI 06:00 - 18:00, SAT-SUN 08:00 - 18:00**). For entry and exit, please use the passage through the interior of the hotel next to the x-bionic® wellness sphere, by attaching your watch to a door reader and individual turnstiles. Entry for the regenerative use of swimming pools is possible by prior arrangement through the QCTA coordinator. The **x-bionic® aquatic sphere** supervisor will make the pools available to the booked group at the agreed time at the entry from the hotel to the x-bionic® aquatic sphere.
- **x-bionic® athletic sphere** is available for you from **08:00 to 18:00**. For entry and exit, please use the entrance gate at the Multifunctional Playground by attaching the specified electronic identifier (submitted by the Quarantine Center Coordinator).
- **GYM** is available to you daily (**MON-SUN 08:00 - 18:00**). The **cryochamber in the GYM** premises is also available for you, based on a confirmed reservation min. 24 hours in advance (min. 5 people at one time) from **08:00 to 14:00**.
- **x-bionic® wellness sphere** is also available for you on the basis of a confirmed reservation min. 24 hours in advance from **16:00 to 20:00**. The minimum number is 10 people. Access to the x-bionic® wellness sphere is at the time of use as a quarantine center for top athletes only in swimsuits.
- **Gymnastic hall** - is also available for you on the basis of a confirmed reservation 24 hours in advance from **08:00 to 14:00**, for an extra fee of 15 € / person - one-time entry.

More detailed information on individual sports venues will be provided by the QCTA coordinator. Free movement on the fresh air during your stay, is possible in our **AdventureLand which is available for you from 08:00 to 18:00 with access via the rear exit from the Wallaby and Shark Pavilion**. For entry and exit, please use the door on the ground floor with the appropriate signage. **Use of the attractions** located in AdventureLand is **at your own risk**.

1 - The obligation to wear respirator FFP2 has been introduced as of 8 March 2021 in all shops and public transport, and in the interior as of 15 March 2021 (except for households) - <https://korona.gov.sk/en/#current-measures>;

## Cleaning

The safety of our guests is utmost important for us, so each hotel room has been prepared for clients in accordance with the **highest hygiene standards**. To maintain these standards and to **minimize personal contact, we will not enter your room without your request**. If you require the cleaning of your room, please ask us in advance and **hang the appropriate card to the door handle, no later than 10:00, daily**.

## Garbage collection

If necessary, please unload the garbage bags in front of your hotel room no later than 10:00, every day.

## Laundry and ironing

The accommodated athletes will have the possibility to use the internal hotel laundry service, including the possibility of ironing and washing sports and personal clothes, as well as a self-service washing machine and dryer for individual use. You will find the price list of the hotel laundry services directly in your hotel room. Please put the clothes you want to wash in the appropriate bag together with the completed form. To process the request for laundry, it is necessary to hang the bag on the door handle of your hotel room by 10:00, daily. There is also a „Token“ available for you to the use of a self-service washer and dryer, located in the Wallaby Pavilion on the 2nd floor. This "token" allows the use of self-service washer and dryer for guests staying in a given room once a week / 1 „Token“ for washing and 1 "token" for drying for the whole room /, which you can pick up at the main hotel reception. If you are interested in additional "tokens", these are available for you for a fee of € 2.50, with the possibility of purchasing them at the main hotel reception.

## Smoking

x-bionic® sphere is a **non-smoking resort**. All hotel rooms and public areas are also non-smoking. Smoking within the common areas is only possible in designated and marked areas, or at the end of the corridors in each accommodation pavilion.

## Coordinator for top athletes and reception

Athletes will have at their disposal a coordinator for reservations of sports grounds within the reception of QCTA, i.e. **Coordinator of the Quarantine Center for Top Athletes. You can contact him/her via WhatsApp on the telephone number +421 911 011 710, or from your hotel room on flap 111**. Do not hesitate to contact us directly from the comfort of your room. When entering any request, please identify yourself with your name and room number. He/She will be also available for you in person every day at the info desk at the hotel's main reception. The relevant staff of the hotel reception will be also available for you in person, directly **at the main hotel reception, at the following times 08:00 - 10:00 / 14:00 - 16:00 / 19:00 - 21:00**.

## Wi-Fi

Wireless internet connection is available free of charge in the entire QCTA area. Connect to the XBS Free network in common areas. When using Wi-Fi in your room, you need to enter the password corresponding to your specific hotel room, which you will find on the main screen of the hotel TV after switching it on.

## X-CARD

Everything will be easier for you with our X-CARD customer program. Just register, top-up your X-CARD and enjoy all its benefits. For every spent 100€, you get a 20€ cashback from us at the beginning of next month. We will provide you with more information at the main hotel reception at the times mentioned above. With the X-CARD, you can conveniently pay for your extra consumption in all our facilities, as well as pay your hotel bill at check-out.

## Obligations of accommodated persons within the QCTA

During your stay in the quarantine center for top athletes, you are required to:

- Observe the operating rules and the hygienic principles of the accommodation facility.
- Observe the following principles for movement within common areas: movement in the normal regime of QCTA is **OBLIGATORY WITH FACE MASK (FFP2 RESPIRATOR after 15<sup>th</sup> of March)** even after the antigen screening /taking place on the fifth day after the arrival into the QCTA/. As far as the situation allows, athletes outside the sports grounds observe a minimum distance and create groups no larger than 6 people.
- Do not move in other areas of the complex, outside the hermetically sealed area of the Quarantine Center for Top Athletes. In the event of a breach of obligations, consequences will be drawn leading to the termination of the stay within the quarantine center.
- **Observe the time of the set party, while staying and moving in the common areas is only possible from 06:00 to 22:00. It is not possible to leave the assigned hotel room after 22:00**. Make sure that the door to the room is always closed at the time of the party and make sure that the room in which you are staying is frequently ventilated.
- Wash your hands after each and every contact with an object coming into the room from the outside environment. Hands must be washed before eating, after each use of the toilet, after handling waste and trash can, after cleaning the nose, coughing and sneezing, while coughing and sneezing your mouth can not be covered with the palm, it is important to use a handkerchief, which is necessary immediately after use to throw in the trash.
- Observe the ban on bringing food and other consumer goods from the domestic environment, ban on the use of narcotics and addictive substances and enter the premises and facilities under their influence, maintain order and cleanliness in the premises, observe the ban on bringing firearms and fireworks to the premises.
- The Athlete is obliged to monitor his / her health condition and, in the event of symptoms (sudden onset of at least one of the following symptoms: fever, cough, shortness of breath), notify the Coordinator of the Quarantine Center by telephone without delay.