



# Instructions for Quarantine pavillion

Dear Guests,

Welcome to the **Quarantine Center for Top Athletes**. Your stay has been prepared in accordance with the strictest hygienic standards. We would like to draw your attention to the most important instructions and obligations that you will have to follow during your stay in the **Isolated Quarantine Pavillion**. Please read them carefully.

## Check-in and movement during your stay

Entry into the isolated quarantine pavillion is conditioned by realizing the entrance control according to the recommendation of the Public Health Authority of Slovak Republic (PHA SR via the laboratory diagnostics of the COVID-19 disease by the RT-PCR method). **Each athlete will 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, or their allocation to the rooms was otherwise defined by the person organizing the sports camp. **During your stay in the isolated quarantine pavillion, you will stay exclusively and only within the assigned hotel room, which you do not leave until the Coordinator of the quarantine pavillion invites you to do so.** Upon entering the isolated accommodation pavillion, you will receive an electronic identifier (door card or a watch with a chip), which will make your assigned hotel room available to you.

## Wi-Fi

Wireless internet connection is available **free of charge** in the entire QCTA area. You will 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**.

## Catering within the isolated quarantine pavillion

During your quarantine stay within the isolated pavillion, food will be provided for you 3 times a day, in the form of breakfast (without choice), hot lunch and dinner, based on a pre-announced selection and possible allergies at the following times: **DINNER 18:00 - 19 : 00, BREAKFAST 07:00 - 08:00**. The meal unit starts with dinner / or lunch based on the request specified by the person organizing the sports camp / and in case of evaluating the test results by next morning, it ends with breakfast. If the test is evaluated within 24 hours, the catering ends with **LUNCH 12:00 - 13:00**. Our food delivery staff is equipped with a protective veil or respirator and disposable gloves. He will place the food wrapped in bags on the table in front of your door and will knock on the door once the food is delivered. **It is necessary for you to wait 1 min to pick up the ordered food from knocking to prevent personal contact between you and our staff.** After eating the food, put it back in the appropriate bag in which the food was delivered to you and unload it in front of your room door.

## Cleaning

**To minimize personal contact, we have adjusted the also the conditions for hotel room cleaning. The room will be not cleaned during the quarantine accommodation.** The equipment of each room includes tools for cleaning, including disinfectants (**disinfectant soap, disinfectant multisurface spray**).

## Coordinator of the quarantine pavillion

**The Coordinator of the quarantine pavillion** provides supervision, oversees the observance of the quarantine regime, ensures your arrival / departure to / from the assigned room. He will be available in person from **13:00 to 17:00, or on the mobile phone number +421 911 153 688 / or at the flap 610 directly from the hotel room**. When entering any request, please identify yourself with the your name and room number.

## Test results

The result of the RT-PCR test will be delivered to you on the basis of the information received during the testing at the „Mobile sampling point.“ Athlete, even upon receiving a **NEGATIVE RESULT, IS OBLIGED TO STAY IN THE ROOM UNTIL THE RELEASE TIME IS COORDINATED** in cooperation with the trainer / responsible person / coordinator of the quarantine pavillion.

## Negative test result

In case of evaluation of a negative result of the RT - PCR test, the Coordinator of the Quarantine pavilion will contact the responsible coach / contact person for the sports group and specify the release process with him on the basis of the results. **Even if the athlete receives a negative PCR test result, he is obliged to stay in the room until the release time coordinated in cooperation with the coach / responsible person / coordinator.** Once the time is coordinated he leaves the assigned room and moves through an isolated hotel corridor to the main hotel reception. Check-out from the quarantine accommodation and subsequent check-in for accommodation in the „normal regime“ of the Quarantine Center takes place at the main hotel reception. For check-in, please have an identity card or other proof of identity prepared in advance. Check-out takes place separately, by rooms, to prevent a mixing of athletes. When leaving the quarantine pavilion, the Coordinator verifies the results of the testing by checking the provided text messages from National Health Information Center.

## Positive test result

**In case of evaluation of a positive result, the athlete stays in the assigned room and contacts the contact person for his / her sports group and subsequently the coordinator of the quarantine pavilion for further instructions.** The coordinator of the quarantine pavilion determines the possibility of releasing a positively tested persons from the quarantine pavilion by verifying information from the person responsible for the sports group, athlete and contact tracing (eg. arrival by common car, definition of close and regular contacts, etc.). In the case of defining close and regular contacts, a mandatory quarantine<sup>1</sup> is determined for all person in touch with the positive person, according to the currently valid regulations of the PHA SR, listed on the website <https://www.health.gov.sk/Index.aspx>.

## Obligations of accommodated persons within the Isolated Pavilion

**As part of your stay within the isolated quarantine accommodation pavilion, you are obliged to:**

- Follow the rules and regulations of the accommodation facility and hygienic principles
- Observe the quarantine stay in the room, i.e. do not leave the designated room during your stay. The area of the Quarantine Pavilion is monitored
- Make sure that the door to the room is always closed and that the spread of the disease is prevented. Observe the smoking ban in the rooms. Make sure that the room in which you are staying is frequently ventilated
- Wash your hands after each and every contact with any object coming into the room from the outside environment and after using the sanitary facilities.
- Hands must be washed before eating, after each use of the toilet, after handling waste and waste bin, after cleaning your 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 the use to throw in the trash.
- Observe the ban on bringing food and other consumer goods from the home 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 (leftover food, packaging, etc.), comply with the ban on delivery of firearms weapons and fireworks to the premises.
- The Athlete is obliged to monitor his / her state of health, sudden onset of at least one of the following symptoms: fever, cough, shortness of breath, he / she shall notify the Coordinator of the Quarantine Pavilion by telephone without any delay.
- **When leaving the Quarantine pavillion and and on the way to the main hotel reception, have your airways covered with a facial mask (FFP 2 RESPIRATOR after 15th of March) at all times.**

1 - . The Quarantine Center for Top Athletes recommends to a undergo mandatory quarantine in a separate isolated room in the adjacent unoccupied accommodation pavilion, outside the quarantine pavilion and safe zone of the Quarantine Center for Top Athletes, with all-day meals during the necessary quarantine time (30 EUR incl. VAT room / day, 30 EUR incl. VAT full board and drinking regime / day). The quarantine center ensures regular telephone contact with guests and control of their health, food distribution, collection and delivery of any packages