

Dear Guests,

Following your planned arrival at the Quarantine Center for Top athletes (hereinafter also „QCTA“), please study carefully the below written instruction.

## Conditions to enter QCTA

Entry into the QCTA 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 NOT OLDER THAN 72 HOURS**. QCTA provides controlled entry at the main entrance and is obliged to keep an up to date list of all individuals entering the QCTA with a valid entry permit only (including QCTA staff, possible „MSP“ staff, medical staff and suppliers). This condition is checked at the **ENTRY (1)** by our employee, who at the same time performs **TEMPERATURE MEASUREMENT**. Persons with a measured temperature equal to, or higher than 37.2 ° C will not be allowed to enter the premises of QCTA. **If you have overcome COVID-19 in the last 90 days**, inform your association for instructions on how to proceed in this case<sup>1</sup>.

## RT-PCR testing

Before entering the „normal regime“ of QCTA each athlete must undergo a RT-PCR testing right upon arrival and must be isolated within the designated Quarantine Pavilion until the evaluation of the test. Examination and sampling takes place at the „mobile sampling point“, which is accessible by walk after parking in the QCTA car park. The examination is performed in the form of a throat swab and a nose swab. Do not eat, drink, smoke, chew a gum, use nose or throat drops and sprays, brush your teeth and use mouthwash for at least 2 hours before testing. Prior to testing, the Coordinator of the quarantine pavilion re-checks the negative antigen or RT-PCR test, not older than 72 hours, and at the same time collects a signed **DECLARATION OF non-existence of INFECTION AND INTRODUCTION TO THE REGIME OF OPERATION OF THE QUARANTINE CENTER FOR TOP ATHLETES**, where the athlete or his/hers legal representative declare that they comply with all currently valid regulations of the Public Health Authority of Slovak Republic (hereinafter also „PHA SR“) and at the same time is fully acquainted with the regime of operation of the Quarantine Center, as well as with the instructions for athletes coming to the Quarantine Center. All necessary information as well as the statement itself can be found at <https://www.x-bionicsphere.com/en/hygienic-epidemiological-regime/>

## Sport equipment

If you need to bring any sports equipment with you that you do not want to take to the Quarantine Pavilion, please contact our Coordinator of the Quarantine Center for instructions on how to store it safely in a pre-designated place within the **UNLOADING RAMP (2)** for receiving goods.

## Parking at the QCTA

**PARKING (3)** within the QCTA complex will be possible in designated parking spaces. After entering, please follow the appropriate signs and instructions of the Security Guard Service.

## Luggage

You will arrive to the „**MOBILE SAMPLING POINT**“ (hereinafter also „**MSP**“) together with your luggage for the entire stay, which you will take directly to the assigned room.

## Mobile sampling point „MSP“

To ensure access to testing at the „Mobile sampling point,“ it is necessary to deliver all the requested personal data pre-filled in the Form for testing, before your arrival in coordination with your association / sports group. Based on this data, a pre-filled test form will be waiting for you, which will enable a faster and more efficient process of the testing itself and the check-in to your room.

## Check-in at the Quarantine pavillion

In the premises of the **QUARANTINE PAVILION (5)**, supervision will be provided by a responsible person, the so-called **Coordinator of the quarantine pavillion**, who oversees the observance of the quarantine regime, ensures your arrival to / departure from the assigned room. The Coordinator of the quarantine pavillion will ask you to prove your identity (have it prepared in advance), after filling in the registration form for accommodation he will then hand you the access card / watch to your room and the instructions for the quarantine pavillion. **DURING YOUR STAY YOU ARE OBLIGED TO A QUARANTINE STAY IN YOUR ASSIGNED ROOM, YOU ARE NOT ALLOWED TO LEAVE THE SPECIFIED ROOM**. The area of the Quarantine Pavilion is monitored.

## Room equipment

Each room has a TV, separate bathroom with shower, WiFi internet connection, disinfectants (soap and multisurface disinfectant spray).

## Coordinator of the quarantine pavillion

**Coordinator of the quarantine pavillion** supervises the regime of the Quarantine pavillion. He is at your disposal from 13:00 till 17:00, or on the following **mobile number +421 911 153 688 / or at extension 610 from your hotel room**. For any requests please identify yourself with your name and room number.

## QCTA Coordinator

Our Coordinator for sport ground bookings and other facilities will be at your disposal withing the „normal regime“ of the **QUARANTINE CENTER (6)**. You will be able to meet him/her in person directly at the reception of QCTA, or **contact him/her via WhatsApp on +421 911 011 710, or at extension 111 from your hotel room**. The coordinator of the quarantine center is also your contact for any questions regarding the storage of sports equipment before arrival, as well as for any other requests during your stay.

1 - Guidelines for persons who have overcome COVID-19 disease falling within the 90-day protection period defined by the legislation and guidelines of the Public Health Authority of Slovak Republic. Before arriving at the Quarantine Center for Top Athletes, it is necessary to:

Report the fact of overcoming COVID-19 before coming to the Quarantine Center to the person organizing the sports camp, so that this fact is reported in advance to the Coordinator of the quarantine pavillion.

Provide confirmation from a general practitioner about the termination of COVID-19 according to the sample document of PHA SR for access to RT-PCR sampling before check-in into the Quarantine Pavilion and a negative antigen test not older than 72 hours.

The overcoming persons will take the RT-PCR testing at the ESP directly at the entrance to the Quarantine Pavilion and will be subsequently provided with accommodation until the evaluation of the results within the Quarantine Pavilion. The evaluation of the RT-PCR sample will be performed with the evaluation of all required CT values. In case of a positive result of the RT-PCR test, all documents will be forwarded to the Regional Public Health Office (RPHO) for further opinion on the possibility of release / non-release of this person into the „normal regime“ of QCTA, on the basis of proven values. In case of a negative result of the RT-PCR test, the athlete is released into the safe zone of the Quarantine Center without the need to contact the RPHO.

It is recommended to have IgM / IgG antibody test results to assess the release / non-release of a person who has overcome COVID-19, is still within 90 days protection period, and may have been false positive as part of the RT-PCR test.

## Negative test result

The result of the RT-PCR test will be delivered to you on the basis of the information received during the testing at the „MSP“. In case of evaluation of a negative PCR test result, the Coordinator of the Quarantine Pavilion will contact the responsible coach / contact person for the sports group and go through the release process with him based on the results of the samples. 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 pavilion. 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 use the **HOTEL CORRIDOR (6)**, please have your ID or other proof of identity prepared. 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.

In case of evaluation of a **POSITIVE RESULT, the ATHLETE STAYS IN THE ALLOCATED ROOM AND CONTACTS** the contact person for his / her sports group and subsequently the **QUARANTINE PAVILION COORDINATOR** for further instructions<sup>2</sup>.

## 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.

## Map/Legend



## Address and contact details

ADDRESS: Dubová 33, Šamorín

E-MAIL: [karantennecentrum@x-bionicsphere.com](mailto:karantennecentrum@x-bionicsphere.com), CALL CENTER: +421 313 262 000

COORDINATOR OF THE QUARANTINE PAVILLION: +421 911 153 688 , COORDINATOR OF THE QUARANTINE CENTER: +421 911 011 710

2 - The coordinator of the quarantine pavilion determines the possibility of releasing a negatively 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 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>. The Quarantine Center for Top Athletes recommends to 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.