



## **IDO SAFETY RECOMMENDATIONS FOR ORGANIZATION OF DANCE SPORT COMPETITIONS DURING THE OUTBREAK OF COVID 19**

### **INTRODUCTION**

The fast expansion of Covid-19 virus has dramatically changed the human daily-life on our planet. We must acknowledge living and co-existing with it, until vaccination or medicines become available Worldwide. IDO will continue its mission promoting internationally the art of dancing and dance sport in all its forms, including dancing competitions and events. The present document is crucial in the organization of dance sport competition and any other IDO event during the outbreak of Covid-19, as it defines the recommendations for health and safety of participants at all time, place & all stages of the event.

#### **I. GENERAL PROVISIONS**

1. This document contains recommendations for prevention and protection, and basic rules for containment of the infection of COVID-19, with the aim to protect, ensure safety and health of all involved parties at the IDO events.
2. The IDO recommendations are listed below and serve as a guideline; however, the national rules and legislation of the country where the IDO event, meeting and other ways of gathering are held, always prevail during Covid-19 outbreaks.
3. Each participant requires/ must hold an international health insurance (with the coverage for Covid-19) for the whole duration of the stay at the competition and must arrange this prior to their arrival at the competition place. IDO will not be liable for any costs arising from the failure to follow this mandatory requirement.
4. Each participant requires a negative PCR test together with an official confirmation issued within 72h/48h prior the arrival day. Only those who can present a confirmation of a negative Covid-19 test will be allowed to enter the competition venue.
5. All participants at the competition participate at their own risk.



## II. ORGANIZATIONAL ASPECTS

1. Compliance with the regulations on safety management prepared from the responsible authority of the event facility/venue that you intend to use concerns seating of public, considering the different Security Protocols issued by local governments.
2. The organizer is obligatory to run an IDO event by national authority rules during Covid-19 situation and following the IDO Safety / Recommendations.
3. The organizer is obligatory to send by e-mail and publish on the competition website all national health authority requirements about travel and stay in the country. This includes publishing the website of the responsible institution in the organizing country with the phone number of the health facility in case of need for the dancers and officials involved.
4. The organizer must send an information about prevention from getting infected with COVID-19. This must be done by e-mail, by publishing it on the website, social media and by placing informative posters at the competition place.
5. It is obligatory to respect appropriate interpersonal distance in all areas during the whole event (the members of the same family and their relatives, dancers of the same duo/couple/team/group/formation, medical staff while performing their duties are exempt of these rules). This last aspect relates on individual responsibility.
6. The appropriate coverage of nose and mouth must be used in all common area all the time (including entrance and exit to competition site).
7. Dancers and all other involved in the event are advised to avoid hugging, kissing, handshaking and not touching their own nose, mouth and face.
8. In case of any suspect on illness or doubt about it the Organizer must have a Contact with Covid-19 coordinator and follow the national protocol during Covid-19 outbreak.
9. Cleaning and sanitation of changing rooms and toilets should be done frequently during the day.



10. The organizer must have enough certified nose and mouth protections to distribute them or to sell them.
11. Supply of appropriate disinfectant at all entrances to the competition venue.
12. For handwashing liquid soap and water, alcohol-based hand sanitizer must be available in the dressing rooms, toilets, official areas, check-in area and competition staff area.
13. There is a strict obligation to wear appropriate protection of nose and mouth for all organizational staff.
14. It is highly recommended to have a contact person that is Covid-19 Coordinator as a part of the IDO event. This person must have credentials defined by World Health Organization (WHO) or at least by National health authority. The Organizer is making choice and sending the contact details to IDO Supervisor and IDO Chairperson of the event.

### **III. CHECK IN AREA/OFFICE**

1. Dancers are not allowed to access the check in or officials' area.
2. Only the National team captain can access the check in area (one person per country at the same time).
3. The dancers are obliged to deliver declaration of compliance with health requirements and information about possible risks (self-declaration before entering the competition areas, available on Organizer's web site). This is controlled by the IDO Supervisor and Organizers' Check-in office, before the start of the event.
4. The dancers with COVID-19 symptoms and dancers that had any kind of contact with a COVID-19 individual within the last 14 days cannot participate at the event.
5. All involved in work of the Check-in office will wear appropriate nose and mouth coverage and disposable gloves.
6. The Organizer and the IDO will require from NMOs to pay the fees by bank transfer only.



7. Retention at the Check-in area/office must be kept to a minimum; entrance to the office should be regulated on a basis one by one person at the time.

#### **IV. COMPETITION PROCEDURE**

1. Adoption, when defining the competition times, of all the necessary precautions to reduce any kind of gathering. The competition schedule should not mix age groups, it is advised to make blocks of different competition parts considering the time for regular ventilation of the premises, cleaning and disinfection of the dancers' area/dance floor between the rounds or as required by the national rules and regulations for Covid-19.
2. Arrangement within the area of two distinct and sufficiently large areas for the entry and exit of dancers.
3. Obligation off all dancers is to free all belongings from the locker rooms.
4. Any official reception or formal/informal party before, during and after the IDO event is forbidden.

#### **V. VENUE OF THE COMPETITIONS**

1. The structure of the venue in which the event is organized must be suitable to host all the subjects who participate in various capacities in compliance with the national rules and these Safety recommendations. In particular, the organizer must ensure:
  - changing rooms and services adapted to the number of dancers competing
  - adequate health care and an anti/doping room
  - spaces dedicated to dancers near the dance floor
  - an online (e-platform) place for the posting of all the announcements of interest of the participants and announcements by the moderator(s)
  - adequate sound system
  - adequate equipment for recording the results (only e-devices)



- area reserved for the National Team Captains (guaranteeing appropriate physical distance)
- area reserved for the competition staff (guaranteeing appropriate physical distance)
- area reserved for the VIP guests, if applicable (guaranteeing appropriate physical distance)
- measuring the temperature by contactless thermometer is obligatory for all dancers and competition officials and staff by entering the competition venue
- number of spectators allowed by the national rules with clear information about the safety protocol,
- opening ceremony must be organized without gathering, with five dancers per country (guaranteeing appropriate physical distance) including one dancer carrying the flag.

## 2. DRESSING ROOMS

The capacities of the changing rooms, the functional spaces and the general decoration are fundamental. Separate changing rooms for dancers and officials must consist of rooms reserved for changes of clothes and equipped with suitable toilets. Cleaning and disinfection of the dressing rooms must be sufficiently ensured for the entire day of competition. Only the dancers and their trainers, cleaning staff and organizers' staff can enter the dancers' dressing room. Only the adjudicators, chairperson, supervisor, cleaning staff and organizers' staff can enter the officials' dressing room. Separate dressing rooms or area must be organized for the dancers that are over 65 years old.

## 3. MEDICAL STAFF

For the entire duration of the event, the Organizer must ensure on its own responsibility, the necessary health structure as established by current legislation on the subject.

## 4. ANTI/DOPING ROOM



In the competitions the Organizer will have to set up an appropriate room for an anti/doping control according to the characteristics detailed in the Anti-Doping Sport Regulations (if needed).

#### 5. VENTILATION SYSTEM

The Organizer must make sure that a proper ventilation system is installed/used in the competition venue. For the competitions held during the cold months it is the responsibility of the Organizer to ensure that the structure is equipped with a suitable heating system. Ventilation system can be used only if health authorities allow it.

#### 6. DANCE FLOOR AND AREA AROUND THE FLOOR

Dance sport competitions are held on the floor or stage, preferably rectangular in shape, of adequate size and free from any obstacle. The adjacent area must also have suitable ancillary spaces and corridors for one-way entry and another way exit from the dance floor, for stopping between the different heats and for possible reheating. Entry and exit from the dance floor must be properly width to guarantee appropriate physical distance.

Size of the dance floor, free from obstacles, must measure at least 20x16 meters.

It should be created of two or more competition areas inside a sports facility, the surface of each cannot be less than 10x8 meters.

Competition procedure when organizers music is used is following:

- One heat with maximum 12 <sup>+/-2</sup> dancers - 30 seconds.
- Dancers are divided in smaller heats of 3 dancers at the same time on the floor- 1 minute.
- One heat with maximum 12 <sup>+/-2</sup> dancers perform - 30 seconds.
- Only one big heat can stay on the floor.

#### 7. SOUND SYSTEM

As a rule, all dancers must send music via the IDO registration system (DIES) to avoid physical contact and retention. The sound system must be equipped with at least a CD player and amplifiers, speakers, microphone and the possibility of sound attention



by PC must be provided. The system must also always be available with its own music. In addition, a backup system must always be available.

#### 8. DANCERS

It is required that dancers follow the national authority protocol about usage of appropriate nose and mouth coverage during the whole event except on the dance floor and during the warmup in the rehearsal area. Dancers can only use the areas reserved for them (dance floor, warm up area and locker rooms), but not earlier than two hours before first round of their competition. The dancers with Covid-19 symptoms that are in the competition venue must be reported to IDO Supervisor, medical staff and Covid-19 coordinator. In case of needed transfer to and from the airport and competition venue, physical distance inside the bus must be respected and national rules regarding it must be followed.

#### 9. COMPETITION OFFICIALS AND STAFF

At competitions with solo and duos, adjudicators must sit or stand apart from the dance floor for at least 4 meters, if not regulated different by the national health authority.

In competitions involving group type competitive units, the judging panel, where possible, must be located either on mezzanine floor or in conditions such as to be able to adequately observe the entire performance (for example by reserving a space in the tribune for the adjudicators with a minimum of 5 rows in the middle). Also, they should be apart from the dance floor for at least 4 meters, if not regulated different by the national health authority.

The adjudicators and other competition officials must use the same seat during the competition day. For the competition, officials there must be a special space separate from the public and the dancers.

The adjudicators and other officials are advised to use IDO Online Academy platform to refresh their knowledge, but also online refresher courses organized by the IDO.



The Chairperson of adjudicators, Supervisor and Organizer will send all necessary information about the event by e-mail.

The Adjudicators meeting in the front of the event will be done shortly before the start of an event to give the basic information about the event. This meeting will be not considered as refresher seminar.

The competition officials and staff are obliged to deliver declaration of compliance with health requirements and information about possible risks (self-declaration before entering the competition areas, available on organizer's web site). This is controlled by the IDO Supervisor and Organizers' Check-in office, before the start of an event.

#### COMPETITION OFFICIALS AND COMPETITION STAFF AREA

- competition officials and staff area must have a solid Wi-Fi access to keep physical distance,
- sanitation of the officials' and competition staff area is obligatory frequently during the day,
- competition officials will have to wear appropriate coverage of nose and mouth upon arrival at the competition venue and keep it until the start of theirs service on the floor and in any case whenever they leave from the area reserved for them,
- competition officials will have to wear appropriate coverage of nose and mouth while they are carrying out their work, keeping appropriate physical distance between them,
- provide appropriate distance between the members of the competition staff (moderator, scrutineer, music officer, etc)
- adjudicators, chairperson and supervisor and others are advised to use the same e-device during the competition day, or it must be disinfected before use by the other person.



#### ACCOMODATION AND TRANSFER OF THE IDO OFFICIALS

- The IDO officials should be accommodated in the hotel on the single base room use (the members of the same family and their relatives are exempt of this rule).
- It is recommended that the officials stay on the same floor, without dancers involved in the event. The same apply to the breakfast or dinner room in the hotel.
- The IDO officials cannot use the same transport from/to the airport and/or competition venue together with the dancers.

#### 10. PROTOCOL

At the competition, the Organizer must provide a sector reserved exclusively for IDO officials and officers according to the organization chart. Speeches of the officials are advised to be done in the front of standing microphone, but also could be done by pre-recorded video via screen. Each speaker has its own microphone, or a disinfection of a microphone is guaranteed before each speech.

#### 11. TEMPORARY QUARANTINE / ISOLATION ROOM

Is a separate room for holding any symptomatic person at the venue while waiting for the further medical procedures. This room must be organized in agreement with the medical staff and Covid-19 coordinator.

#### 12. MEALS

All food provided must be individually wrapped. Single-use cutlery and tableware will be preferred.

#### 13. AWARDS CEREMONY

Physical distance must be kept during the whole time (no handshakes, no hugs, no kissing). Right after each final the awards ceremony will be organized. No podium will be used. The whole floor will be used for the dancers to award them with trophies, medals and diploma. All medals are brought by the staff on a medal cushion for the dancers to take it by themselves or the dancers already arrive on the stage with the



medals and trophies in their hands. Combined awards ceremony with dancers from different categories and divisions are not allowed. In case of lack of time, one diploma will be given for the group/team/crew/formation and the rest will be delivered at the check in office and collected by the Team Captain. Photos are allowed only by official photographers. No parent, teacher, trainer, coach, other supporters, family or officials except persons involved in awards, ceremony can stay on the floor during the awards ceremony.

#### 14. OTHER

In case of situations regarding the competition procedure that are not covered by this document, the final decision will be made by the Organizer, IDO Supervisor and IDO Chairperson of adjudicators, after consultation with Covid-19 coordinator, on the spot.

### **IN CLOSING**

This Safety Recommendations enters into force the day after the IDO Presidium has voted on this document. It will be valid in the period of COVID- 19 outbreak. However, IDO reserves the right to change these recommendations at any time, as a consequence due to Covid-19 outbreak.

IDO is not in manner to any person claiming for any losses, damages (direct or indirect), costs, liabilities, expenses, disease or infections, claims or demands resulting from the organization of the competition or other type of event.

This document is accepted by the IDO Presidium on \_\_\_\_\_.

PRESIDENT  
Michael Wendt



Appendix 1.

**PRE-EVENT QUESTIONNAIRE (EXAMPLE)**

|  |  |
|--|--|
| <b>Full name and surname</b>                           |  |
| <b>Permanent address</b>                               |  |
| <b>Address during the event</b>                        |  |
| <b>Telephone number (mobile)</b>                       |  |
| <b>E-mail address</b>                                  |  |
| <b>Countries you visited or stayed in last 14 days</b> |  |

**YES or NO RESPONSES**

|  |  |
|--|--|
| <b>Had close and unprotected contact with anyone diagnosed as having Coronavirus disease COVID-19 disease?</b> |  |
| <b>Provided direct care for Covid-19 patients without suitable protective equipment?</b>                       |  |
| <b>Visited or stayed in a closed environment with any patient having Coronavirus disease COVID-19?</b>         |  |
| <b>Working together in close proximity, or sharing the same classroom environment with COVID-19 patient?</b>   |  |
| <b>Travelled with a COVID-19 patient in any kind of conveyance?</b>  |  |
| <b>Lived in the same household as a COVID-19 patient?</b>  |  |
| <b>Been in quarantine?</b>   |  |
| <b>Tested positive to the swap PCR test?</b>   |  |
| <b>Experienced any of the following symptoms now and in the previous 14 days:</b>                              |  |
| <b>fever</b>   |  |
| <b>cough</b>   |  |
| <b>fatigue</b>   |  |
| <b>dyspnoea</b>  |  |
| <b>sore throat</b>   |  |
| <b>myalgia</b>   |  |
| <b>chest pain</b>  |  |
| <b>congestion/coryza</b>   |  |
| <b>headache</b>  |  |
| <b>chills</b>  |  |
| <b>diarrheic condition</b>   |  |
| <b>anosmia/dysgeusia</b>   |  |
| <b>chilblains/pernio</b>   |  |
| <b>nausea/vomiting</b>   |  |



## Appendix 2.

### MEDICAL CERTIFICATE (EXAMPLE)

**NAME OF THE PERSON EXAMINED**

**BORN (dd/mm/yyyy, city, country)**

**PASSPORT OR ID NUMBER**

**CURRENT ADDRESS, CITY AND COUNTRY**

I hereby certify that I have examined the above-named person on (date):

From the information to health being declared by the person and my clinical examination I certify that:

- She/he not tested positive to PCR nasopharyngeal test; and she/he is not in quarantine and has been without any COVID-19 symptoms for the previous 14 days.
- She/he currently in good health.

Date \_\_\_\_\_

Patient Signature

Name, address and signature of the Doctor