



ASAF Sailing Cup JSAF Enoshima Olympic Week 2022

October 1, 2022 Edition

Guidelines on COVID-19 Infection Prevention

【Introduction】

These guidelines has been created based on the "Guidelines for Preventing the Spread of Infection for the Resumption of Sports Events" issued by the Japan Sports Association and the "Guidelines for Resuming Sailing Competitions" issued by the Japan Sailing Federation, and are intended as guidelines for "Response to COVID-19". The guidelines are based on the "Guidelines for the Resumption of Sailing Competitions" issued by the Japan Sailing Federation. In addition, this guideline falls under Rule (g) "Other Documents Related to the Event" in the definitions of the Sailing Rules 2021-2024.

It is a major premise to follow the changes in the infection situation, the measures taken by the Japanese government, and the policies of Kanagawa Prefecture, and will update accordingly.

【Basic Policy】

The basic policy on safety measures against COVID-19 should be shared with all parties involved in the event.

- * We must be aware of this strong policy and cooperate seriously to prevent the spread of infection.
- * All parties involved must be aware that the health of participants is the base of the Event.
- * Participants and officials must always protect and manage themselves, and sailors must also be aware of their supporters involved.
- * It is important to recognize that if you become ill or the cause of the spread of infection, it will not only affect you, your team, or the sailing competition, but also every other sporting event.

It is necessary to consider measures against COVID-19 from the three perspectives of "individual defense," "collective defense," and "social defense. If sailors, staffs, or any others recognize symptoms such as cough, fever, or fatigue, take a rest and have a courage to report to the Event Organizing Committee.

【Conditions before Arrival to the Venue】

All parties must be vaccinated at least twice, or confirm antigen test negative the day before coming to the venue.

【Investigations to Prevent the Spread of Infectious Diseases】

All the sailors, coaches, supporters, and staffs involved in the event must check the following items every day to management their own health from two weeks prior to the event to prevent the spread of the new coronavirus infection.

- 1) No fever of 37.5 degrees of higher.
- 2) No cold symptoms such as coughing or sore throat.
- 3) No sluggishness (fatigue) or shortness of breath (dyspnea).



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- 4) No strangeness on taste and smell.
- 5) No symptoms such as feeling heavy or getting tired easily.
- 6) No contact with any coronavirus infected or suspected person
- 7) None of the family members or close acquaintances are suspected of being infected.
- 8) Follow the Measures by Japanese Ministry of Health, Labour and Welfare (MHLW)
<https://bit.ly/3C91HDB>

In addition, all parties must answer and send "Survey for Prevention of the Spread of Infectious Diseases" every morning by 9:00am from 13th to 16th October.

Survey for Prevention of the Spread of Infectious Diseases URL:

<https://forms.gle/GaGpnPR5uvvkPfbP8>

Participants must obey the followings:

- * Persons who fall under any of the following categories shall be notified in advance that they may not participate in or enter the event.
 - Cold symptoms such as sore throat, cough, phlegm, runny nose, nasal congestion, etc.
 - Who has been in close contact with someone suspected or infected with COVID19
Follow the measures by Ministry of Health, Labour and Welfare (MHLW). <https://bit.ly/3C91HDB>
- * Facial mask is required. (Wear a mask on land especially when talking).
- * Wash hands frequently and disinfect hands with alcohol, etc.
- * Maintain a distance from other participants, organizer staffs, etc. (except when guiding or assisting a person with disabilities).
- * Do not talk or cheer in a loud voice during the event.
- * Observe other measures decided by the organizers to prevent the spread of infection and follow their instructions.
- * Avoid the Three Close Quarters at meetings before and after the event.
- * The organizing committee should make every effort to avoid the Three Close Contact in areas such as changing rooms, etc.
- * During the event, eating and drinking in large groups is prohibited to prevent the spread of the virus.

【The Latest Information on COVID-19 Infection】

All the parties must obtain the latest information on COVID-19 infection from the Japanese Ministry of Health, Labour and Welfare (MHLW).

URL for the Information on COVID-19 by Japanese Ministry of Health, Labour and Welfare:

<https://bit.ly/3dPHA51>