



## **Hygienic Plan and Rules for International German Para Judo Championships 2022 for the Blind and Visual-impaired**

Following rules are necessary to protect any athlete and official during tournament, transfers, duration of stay in hotels or other accommodations, the Judo Camp and the meal sessions. We have to take care of the government regulations and the valid restrictions of the region of Baden Württemberg regarding the Covid 19 Pandemie.

To take part on the German Para Judo open everyone needs a full vaccination and have to prove that digital or by vaccination pass or convalesced from Covid 19. Additional we expect a PCR Test which is not older than 48 hours, before entering Germany.  
( 2 G plus Rule)

You have to wear a FFP 2 mask or similar over mouth and nose all the time at Airport, in Transfer buses, Hotels, on the way to restaurant and competition. The only time to be without a mask is during the competition fights and when you are eating. Referees have to wear a mask all the time.

As we are using the rooms at OSP exclusive you are living in a bubble.

Same is valid for those who are staying at the NH Hotel in Hirschberg, which will be opened exclusive for the Para Judo Nations.

There will be a daily Quick test for all athletes and officials to check each possibility. If a quick test is positive you have to do an PCR Test on your own costs (about € 80,00) per Test. If this test is positive you are going to Quarantine 14 days.

As the distance rule is not practicable with blind and visual impaired sportsmen/women we recommend further instructions. Do not share your pen, Waterbottle or other things with team members.

Wash your hands often during the day minimum time of 20 seconds.

Keep your mask over mouth and nose.

Accept rules and my only wish: Come, stay and leave healthy.

Günter Geist

