



# **GENERAL HYGIENIC PRINCIPLES FOR ISU EVENTS**

for ISU Championships, ISU (Junior) Grand Prix of Figure Skating Final, ISU (Junior) World Cup Speed Skating, ISU (Junior) World Cup Short Track, ISU World Team Trophy, ISU Junior Grand Prix of Figure Skating, and strongly recommended for all International Competitions, to assist local Organizing Committees in the preparation of a complete medical program at ISU Events

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## Abbreviations

CMO	Chief Medical Officer
OC	Organizing Committee

## **A. Introduction**

Infectious diseases are spread directly or indirectly from an infected individual. Athletes interact closely with team-mates, opponents, and team staff. In addition, they frequently share training and gym equipment, facilities (e.g., training rooms/grounds, accommodation, housing), towels, water bottles and supplies, and commonly undertake both domestic and international travel.

Furthermore, international travel exposes athletes to indigenous diseases for which they may have little or no natural immunity. Finally, there is some information to suggest that athletes tend to be risk takers which may increase their risk for acquiring infections.

The categories of potential risk factors for getting and spreading infection are:

- Sharing of equipment, training facilities
- Skin injury
- Close contact – on field of play, accommodation
- Off the field of play – travel, personal activities
- Diverse populations

Infections can be transmitted by person-to-person contact, by common source exposure or by vector-borne transmission.

The main focus of attention should be on primary prevention by use of hygiene measures, immunization (vaccinations), and interventions to prevent secondary spread of infection. Secondary prevention measures include prevention of recurrence and prevention of onward spread of infection from a source patient.

Education of athletes and officials in the fundamental aspects of infection is the essential element of prevention.

Anyone who develops an acute illness that is possibly contagious should consult with their team physician or local physician prior to travel to the Event.

These ISU Guidelines describe the minimum sanitary measures that must be put in place to host an ISU Event.

## **B. Pre-Conditions on conducting ISU Event**

1. The locally assigned CMO is responsible for infectious diseases prevention and management at the event.
2. The CMO will discuss the plan for implementing these hygienic measures with the OC, local public health authorities (if required), and the locally assigned medical team for the Event in co-operation with the ISU.
3. The CMO should be aware of information on any current community-acquired disease outbreaks that are potentially occurring and the precautions that need to be taken for the prevention of a serious infection outbreak.
4. In cooperation with the ISU, the OC/CMO must have an isolation procedure and facilities.
5. When necessary, the OC and all Event attendees, if diagnosed with an infectious disease, must fully comply with the Infectious Disease management protocols from the Local Public Health Authority.

### C. General recommendations

#### Hygienic Measures

Every accredited person should follow the basic principles as shown below.



Wash your hands thoroughly



Cough and sneeze into a tissue  
or the crook of your arm



Stay at home if you  
experience symptoms

### D. At the venue

- Equipment owned by the facility shall be maintained by the facility owner/personnel.
- In all athletes' dressing rooms and any areas of food distribution, alcohol-based hand sanitizers or sinks with liquid soap should be available.
- Catering (if any): Hand sanitizer should be used by everyone before using the buffet. Officials/ Skaters shall be advised to take their own water bottle/ thermos with them.

### E. Hotel / Accommodation

#### E.1 Dining Room / Restaurant

- Hand disinfectant should be available at the entrance to the dining room.

#### E.2 Isolation Room

- The Organizing Committee must keep a separate room for the purpose of isolation at the official hotel/s.

### F. Policy of reporting and Action Plan in case of participant's illness

If an Event Participant experiences an illness that could be an infectious disease, he / she must inform the Team Leader of the respective team, or the supervisor of the respective service provider (media, volunteers, etc.). The Team Leader, or any member of the team, must inform the CMO at the event and the ISU Event Director/Manager. The respective person should be isolated and assessed by their team physician and/or Host Medical Team to determine if further measures are necessary.

OC and all Event attendees, if diagnosed with an infectious disease, must fully comply with the Infectious Disease management protocols from the Local Public Health Authority.