



2021
ICF JUNIOR & U23 CANOE SPRINT
WORLD CHAMPIONSHIPS

Montemor-o-Velho
PORTUGAL

COVID PROTOCOL

V1.1-10/08/2021



2021



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INTRODUCTION

A. What is COVID19?

SARS CoV-2 is the virus that causes the illness COVID19. It is a newly described coronavirus that is currently causing a global pandemic.

It is highly infectious with infection occurring after inhalation of respiratory droplets and airborne particles.

Contagion is also possible after touching a surface onto which virus has fallen from either the air or respiratory droplets and which is then transferred to the face, nose or mouth by the hand.

B. Why this protocol?

This protocol is therefore aimed at reducing the risk of:

- Infected individuals attending the competition.
- Infected individuals transmitting the disease to others.
- Exposing people at higher risk of Covid19 disease to potential infection.

C. World Health Organization (WHO), a reference for sport events organization

This document is produced based on WHO Interim guidance for sport federations and event organizers when running competition in the context of COVID-19, the WHO Key Planning Recommendation for Mass Gatherings in the context of COVID-19 and the local health authorities' requirements.

D. Event philosophy and COVID19 countermeasures

- Negative test prior the access to a competition venue
- Regular testing
- Capacity of testing at the venue in case of emergency
- Departure test
- Early warning system
- Each National Federation is responsible for implementing measures to minimize contact outside of their group and to reduce as much as possible potential "close contact" cases.
- ICF recommendations for accommodation / meals management
- Vaccination
- Constant review of the protocols

E. Review policy

The protocol will be subject to change at short notice, depending on the evolving pandemic situation.

Any major changes to this document will be notified electronically to team leaders and National Federations.

At any time, local or national policy in term of Personal Protective Equipment or any health and safety measures may lead to a quick evolution of this protocol to allow safe organization of the event.

PRIOR TO THE COMPETITION

Access to the host country

Legal requirements will be imposed, such as COVID-19 testing prior to or on arrival and regular testing.

Please check online updated info on this matter.

(info updated on 08/08/2021)

What are the rules for passengers entering Portugal?

All passengers, whether national or foreign citizens, upon arrival in Portugal must:

-Present proof of test to COVID-19, with negative result, performed in the last 72 hours, or 48 hours (in the case of the rapid antigen test, before boarding, with the exception of children who have not completed 12 years of age OR present EU COVID Digital Certificate.



To avoid the need for quarantine for some of the countries identified in the Portuguese Law, the event will be considered of international interest and one exception will be granted. For this, one invitation letter will have to be presented at boarding or arrival. NF`s need to request this letter in advance to OC.

All persons entering the country are also requested to Fill the Portuguese National Authorities online form at <https://portugalcleanandsafe.pt/en/passenger-locator-card>

In the form, please use the following data:

Address in Portugal (Street name, door number, floor, apartment)

*Centro de Alto Rendimento de Montemor
Leito Padre Estevão Cabral
3140-258 Montemor o Velho*

City in Portugal

Montemor-o-Velho

Participating National Federations

Each Participating National Federation will be expected to have undertaken their own risk assessment and have a Covid19 safety protocol in place and will require to have taken the precautionary measures prior to travel.

Each Participating National Federation is responsible for all costs (including medication) should any member of their Team be required to go into quarantine at any time from arrival to departure and/or be hospitalized or to return to the country of departure.

ICF, the Host National Federation and the Host Organizing Committee will try to support the concerned person as much as they can.

Vaccination

ICF and the HOC recommend that all people to be vaccinated as soon as possible.

Vaccination will not remove any countermeasures provided in this protocol.

There is no guarantee that vaccination eliminates virus transmission.

RESPONSIBILITY

INTERNATIONAL CANOE FEDERATION (ICF)

ICF do not accept any responsibility for COVID-19 infection that occurs before, during or after the competition but will take all advised precautionary measures to reduce the risk of transmission.

ICF is responsible for all costs (including medication) should any member of ICF "Family" (nominated ITO's, ICF VIP, ICF employees, etc.) be required to go into quarantine at any time from arrival to departure and/or be hospitalized or to return to the country of departure.

Host National Federation and Host Organizing Committee

The HNF and the HOC do not have and accept any responsibility for COVID-19 infection that occurs before, during or after the competition but will take all advised precautionary measures to reduce the risk of transmission.

The HNF and HOC will respect all the recommendations and obligations imposed by Portuguese Government and local authorities to reduce the risk of transmission.

FAILURE TO COMPLY WITH THE PROTOCOL

National teams, including all technical officers, staff and athletes will be expected to comply with this protocol.

If an individual, or an entire team, does not respect it, ICF and the HOC will deny access to the venue to the concerned person/team after a 1st verbal warning, then a final warning sent to the team leader.



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KEY PERSONS TO IMPLEMENT COVID 19 PROTOCOL

HOC will define an HOC COVID MANAGER for the competition to liaise with the HOC medical committee. This position will be supported by the HOC medical Committee.

HOC COVID LIAISON OFFICER	Cláudia Silva
HOC MEDICAL COMMITTEE LIAISON REPRESENTATIVE	Nuno Silva

The COVID-19 Manager will have ultimate responsibility and command of the COVID-19 Health and Safety procedures at the Venue.

- Prior to the competition to ensure that the venue is compliant with the regulations set out here.
- Ensure that HOC staff is appropriately trained in relation to COVID-19.
- Coordinate and verify compliance at the venue with the provisions and protocols set out within this document during preparation, training, and competition days.
 - Liaise with ICF and relevant local authorities.
 - Report COVID-19 related incidents to the ICF
 - The COVID-19 Manager will be informed of any person on the venue site who becomes unwell with suspected COVID-19. He/she will be responsible for ensuring the immediate isolation and testing procedures for that individual and will liaise with the local health authorities regarding further treatment or isolation according to the national guidelines.

COVID19 TESTS – POLICY AND OPERATION

PCR test to access the competition/championships & Accommodation

All national team members, officials and ICF personnel will be required to provide a negative PCR test not older than 72h prior to the arrival to the venue/accreditation center.

(It is recommended the results to be sent electronically to the HOC prior the arrival and the originals to be provided during the accreditation for final approval); It should be sent to marcos@canoportugal.com

Mandatory antigen tests

An antigen test on a regular basis will be done for all accredited people staying longer than five (5) days during the access period.

One antigen test will be conducted at the venue for all persons already accredited:

The antigen will have to be done by all persons until September 4th and it can be done from 30/08 to 3/09 in the test centre in the published schedule.

After each Antigen test and a negative result, each accredited person will receive a new colored sticker on his/her accreditation.

These tests will be paid directly by ICF.

A positive result will be managed as describe in this document

HOC workforce will be tested at HOC costs, following the same protocol described above. Antigen testing for the HOC workforce will be done in a separated place and schedule from the rest.

Preferentially all National team members will arrive directly to the venue to present the PCR before checking in the designated accommodation. If the arrival schedule (please check Team leaders last information document for extra details) is not compatible, it must be done as first thing when arriving to the venue.

Departure PCR test

Departure PCR test is not mandatory and can be organized upon request.

A booking system will be organized by the HOC to allow you to receive the results and the certificate translated in English prior to your departure time and date.

This test will be paid directly by each National Federation or entity in charge of the concerned accredited person at the Accreditation Office before undergoing the test. The cost is 85€ per test, to be paid by each NF.

A positive result will be managed as describe in this document.

Capacity of testing at the venue in case of emergency

When? At any time, ICF or HOC can decide to launch a series of tests in the case of suspicion and / or a positive test.

Who needs to be tested? → Anybody in close contact with a positive person and any team member of a positive person.

Which kind of test?

- PCR for the concerned person and likely infected persons.
- Antigen or PCR for the contact case based on health authorities' requirements for the wider population.

Testing center at the venue and results management

A COVID-19 collection center will be set at the competition venue by the HOC.

All test results must be accessible for the HOC Covid-19 Manager

A positive test must be reported immediately to this person.

Tests will be undertaken by an external entity with experience in COVID19 test sample collection in sport events.

Management of a sick individual where COVID19 is suspected

If a person is suspected to be infected on arrival at the entry point (body temperature = or >38 degree):

- They will be reported to the HOC COVID-19 Manager.
- They will be isolated, and a PCR test will be conducted follow the directions of the relevant authority according to local or national guidelines.
- Upon a negative PCR test result, and with Covid Manager approval, they will be able to come back to the venue.
- If the PCR test result is positive, please refer to the section "Management of a positive case".

If a person falls ill on the competition venue with symptoms suggestive of COVID-19:

They will be escorted immediately to an isolation facility, by a member of technical staff.

There will be no interaction with any other person.

Their team leader and the COVID-19 manager will be informed.

A PCR test will be conducted follow the directions of the relevant authority according to local or national guidelines.

Upon a negative PCR test results and local authorities' agreement, they will be able to come back to the venue.

If the PCR test result is positive, please refer to the "Management of a positive case".

"Close contact" definition

A close contact is anyone who has had direct contact or was within 1 meter for at least 15 minutes with a person infected with COVID-19 without face mask.

Management of a positive case within a NF delegation

If there is one case in a team, immediate isolation for the whole team.

Assessment of needed actions with the Covid Manager and HOC medical committee representative.

Review with the concerned team leader to define the "close contact" list and "non close contact list" by the HOC Covid Manager.

For the "non close contact" list:

- A PCR test will be conducted follow the directions of the relevant authority according to local or national guidelines.
- Upon a negative PCR test result, they will be able to come back to the venue but will be restricted to minimal

movements.

- If the PCR test result is positive, please refer to the next paragraph.

For the positive case and the “close contact” list:

- Isolation and test according to local or national guidelines.
- No access to the venue until local authorities give a green light

Management of a positive case within the people from ICF, ITOs, or any other member of the task force:

- Immediate isolation and testing according to local authorities’ policy for all “close contact” people.
- Assessment of needed actions with HOC Covid Manager.

For the positive case and the “close contact” list:

- Isolation and test according to local or national guidelines.
- No access to the venue until local authorities give a green light.

GENERAL BEHAVIOUR AT THE VENUE FOR ALL ACCREDITED PERSON

Social distancing measures

Social distance should be kept all the time. The recommended minimum distance between people is 2m for indoor area and outdoor area 1 meter with mask.

Gatherings of individuals outside buildings will be limited to 5 people or less.

People should not gather out of their own group.

All persons attending the competition should refrain from close contact such as handshakes and embraces.

A one-way system is recommended to be set in indoor areas to minimize close contact with others. This will be marked out with tape or painted lines on the ground. Signs will assist understanding of the system.

Face mask

Where and when a mask must be worn?

- All accredited persons **MUST** always wear a face mask when indoors or outside except when eating or drinking and for athletes, when they are on the water.
- The face mask **MUST** be worn over the mouth and nose.

When does a mask need to be changed?

- One mask will be used for each session i.e. one in the morning and one in the afternoon.
- A mask should be changed if it becomes wet or soiled in any way.

Who provides the mask?

Masks will be provided for all ITO’s and all task force who are required to work indoor or within 2m of another person.

- Face masks for the team members and other participants should be provided by themselves.
- The HOC will provide extra face masks in certain circumstance.

What kind of mask?

- Face masks need to be high quality. OC advise the use of manufactured masks with three layers, surgical masks or of higher standard (FFP2 etc.) without valves.
- Buffs/scarves etc. are not considered as face masks.
- A face visor on its own does not provide sufficient protection from others and will not prevent expelled viral particles from being emitted by the wearer.
- If wished, participants and others can wear a face visor, but this must be in addition to a mask.

Are there any exceptions?

Wearing a face mask is mandatory and those who cannot wear a face mask must obtain an agreement from HOC medical Committee prior to the first access to the venue. This must be requested in advance to marcos@canoportugal.com

All exceptional requests must be sent prior to the competition to HOC medical Committee to be reviewed based on medical documentation provided by the National Federation of the concerned person. An alternate equipment will be defined.

Hygiene

- Wash your hands regularly and properly.
- Use provided disinfection dispensers (hand sanitizer) regularly and properly. Have your own disinfection with you for safety reasons.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- All participants will be made aware of the importance of complying with the rules of hygienic-sanitary behavior to help maintain the maximum cleanliness and healthiness of these environments.

ACCESS TO THE VENUE: PROCESS AND DATA MANAGEMENT

National Federations written declaration

Each Team Leader needs to sign for their team that they will not bring any team member with any sign of a sickness to the competition site. See template in appendix area.

The National Federations written declaration will be stored confidentially by the HOC COVID Manager and destroyed thirty days following the conclusion of the competition.

Daily temperature check

All people attending the competition venue will have their temperature checked at the entry point.

People with a temperature above 38°C will not be granted access to the site and will be advised to return immediately to their accommodation, self-isolate and to contact their doctor.

Staff at the entry points will wear PPE in accordance with local or national PPE policy.

Hand sanitizer will be available at the entry point and all people entering will be asked to use it on entry.

Teams and officials must allow sufficient time for this enhanced screening at entry. If queues form, there will be active management to ensure 2m between waiting individuals. Masks must be worn by those waiting in line for the entry.

Antigen Sticker

Only persons with valid COVID Antigen sticker color will be allowed to access the venue.

FACILITIES, OPERATIONS AND SERVICES MANAGEMENT

Athletes area

Hand sanitizer will be made available for the athlete area but team members MUST also provide their own hand sanitizer and disinfectant wipes.

Toilet facilities for teams will be cleaned on an hourly basis. There needs to be either a one-way system for entry and exit or a 'one in, one out' system to reduce potential close contact between athletes or officials from different teams. Handwashing is essential and there MUST always be hand soap available.

Athletes or NF staff who have finished their duty, should leave the competition venue wherever possible. A streaming feed will be available for the whole competition.

Showers area will not be open to team member.

Car Park for National Federations

A dedicated area will be created and identified and not accessible to the public.

Team Leaders meeting

The team leaders meeting will be run as a videoconference.

All documents will be available electronically and published at the information boards. No paper copies to be provided to the TLs.

Important information will be sent on the WhatsApp group.

Medal Presentation Ceremony

The medal presentation ceremony will take place in a restricted area. Only the medal-winning athletes and the presenting official will have access to the area.

Access to the medal ceremony area will be by a one-way system to limit interaction with other participants or personnel.

Masks will be worn by all participants at any time.

1m will be maintained between all participants

Medals will be disinfected prior to the ceremony then placed on a tray.

The athlete will take the medal from the tray and place it around his or her own neck.

The medal presenter will use hand sanitizer before the start of the award ceremony.

There will be no handshakes or embraces.

Opening and closing ceremony

There will be no Opening or Closing ceremony.

Pontoons for embarkation and disembarkation

Only athletes and team staff will have access to the pontoons.

Spacing must be respected while waiting for embarkation and disembarkation.

Pontoons will be disinfected at regular intervals.

It is mandatory that coaches wear a mask at all times

Athletes do not need to use a mask only when are on their way to warm up or to pass the id control

Athletes must warm down sufficiently that they are no longer breathing heavily by the time they get to the disembarkation pontoon.

Any items such as boat or paddle, that is handled by more than one person, will require disinfection by the participating personnel.

Boat and equipment control

Pre-race boat control is a responsibility of the National teams under the overview of one NTO/volunteer to ensure safety measures:

Athletes must use hand sanitizer before and after touching any device.

The NTO/volunteer will disinfect devices after each athlete.

ID control will be carried in such a way to always keep minimum of 1m social distancing.

Post-race boat control

Boats will arrive at designated areas for each boat

Athletes will be given face masks if they wish at this area

Info point

Will be running in an open area, and not indoors

Accreditation Centre

Accreditation will be in a well-ventilated room with an indication of the maximum number present, with a minimum distance of 2m. A one-way system will be in operation and will be clearly marked.

Accreditation staff will wear a mask and additional PPE if requested by local or national PPE policy.

Signage on site

Signs with basic public health measures of wearing a mask or face covering correctly, social distancing, hand washing and other will be emphasized across all areas.

Catering area and lunch services

All Lunch will be served in takeaway boxes.

Common area for lunch will be created, with respect to the social distances

Offices, media center, technical areas and lounges

The following principles need to be taken into account:

- Hand sanitizer will be available at all entry points and within each room. Anyone entering or leaving an office or room must use hand sanitizer.
- The distance between officials at their place of work indoors must be maximized to allow at least 2m between each person.
- The number of officials at each technical area will be reduced to the minimum required. No-one will be allowed to enter a technical area unless required for operation of the event.
- Risk of infection is reduced if there is free airflow through an indoor area. Consider which windows or doors can be kept open. Fire doors must not be kept open.
- Disinfectant sprays or wipes must be available in each area to clean equipment such as keyboards, headsets, radios regularly and this MUST be done between users. Each area will be cleaned regularly throughout the day and this cleaning schedule will be agreed with the technical officers and the HOC.
- Officials should be discouraged from intermingling in enclosed areas and those
- whose shift has finished, should leave the site wherever possible.

Cleaning and sanitizing

Regular disinfectant cleaning and sanitizing the premises are the fundamental actions that, together with interpersonal distancing, can avoid the spread of the virus.

The HOC ensures the periodic cleaning, disinfection and sanitizing of all the premises and areas affected by the sporting event.

The HOC will pay particular attention to cleaning the common areas (toilets, changerooms, etc.) and installations like doors, handrails, windows, handles, benches, hangers, taps, sinks, toilets, chairs etc. where the frequency or the possibility of contact is greater.

All people who are cleaning high risk areas such as toilets must respect local and/or national PPE policy.

Human resources (e.g. HOC staff, ICF staff, volunteers)

The number of accredited people, outside of NFs delegation, will be kept to the minimum needed to run the competition and all linked services, to a high level, in a safe environment.

It is recommended to limit the number of accredited persons not yet vaccinated over 60 or having underlying health conditions.

Public spectators

Local authorities, HOC and ICF agreed on do not open the event to public. The event will be held within close doors, with only some special guest attending the event

HOC will not be responsible for public in non-secured areas around the venue. Local authorities can be activated in case of need.

Transportation service

All buses, minibuses and cars used to transport the Teams, ICF personnel, ITOs and HOC Task must be operated in accordance with the required 'Social Distancing' and hygiene measures, and according to any national limitation imposed by law.

- Each vehicle must be cleaned with disinfectant between trips.
- All occupants of the transport, including the driver MUST wear masks.



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All participants being transported by the Organizers must wear protective face masks throughout the journey and in all public areas in and around their respective hotels. Anyone who does not comply with this regulation will be denied access to the transportation services.

All personnel using the transportation provided by the Organizer must provide their own protective face masks and hand sanitizers.

The measures detailed above shall be applied for all transportation between airport and the venue, hotels and the venue.

MANAGEMENT OF THE COMMUNICATION FLOW FOR A COVID-19 POSITIVE TEST DURING THE ACCESS PERIOD

Should an individual directly involved with this event test positive for Covid-19, the following procedures will be implemented to assure the communication flow. This applies to all accredited persons at the competition:

Upon receipt of a positive test, the team/individual shall immediately inform the HOC Covid-19, the ICF/HOC coordination group of the situation, who will assess the next steps necessary with the Local health and Sanitary Authorities.

No external communication may be made by the team/individual until the coordination group has assessed the circumstances and next steps necessary with the local Public Health and Infection Control Authorities.

Once the assessment has been made and the next steps defined, official information (to be done by ICF/HOC) to be sent firstly to the designated contact for the positive case (e.g. team leaders), outlining the intended communication flow.

The first external information will be made through the ICF Official Communication. It will not contain names of individuals involved, or details. It is meant strictly to inform that a person has tested positive, and any necessary next steps involved.

Should timing be appropriate, and all parties agree, the information can also be communicated to all Team Leaders to facilitate additional communication to the key stakeholder group, namely the athletes.

Following any announcement to all team Leaders, the ICF Official Communication will still be sent and, if cleared, information about the person involved.

At this time, the teams/individuals may also put out information to the media with more detail about the positive case, if desired.

Following the Official Communication, ICF/HOC will only answer media inquiries that pertain directly to the competition and any impact on the competition. All health and team-related questions will be referred to the team/individual/group involved.

Please note these guidelines refer only to the external communication of a positive test. Informing the local authorities should follow the government guidelines in place at the time and in the region.

MANAGEMENT OF THE COMMUNICATIONS FLOW FOR A COVID-19 POSITIVE TEST AFTER A COMPETITION

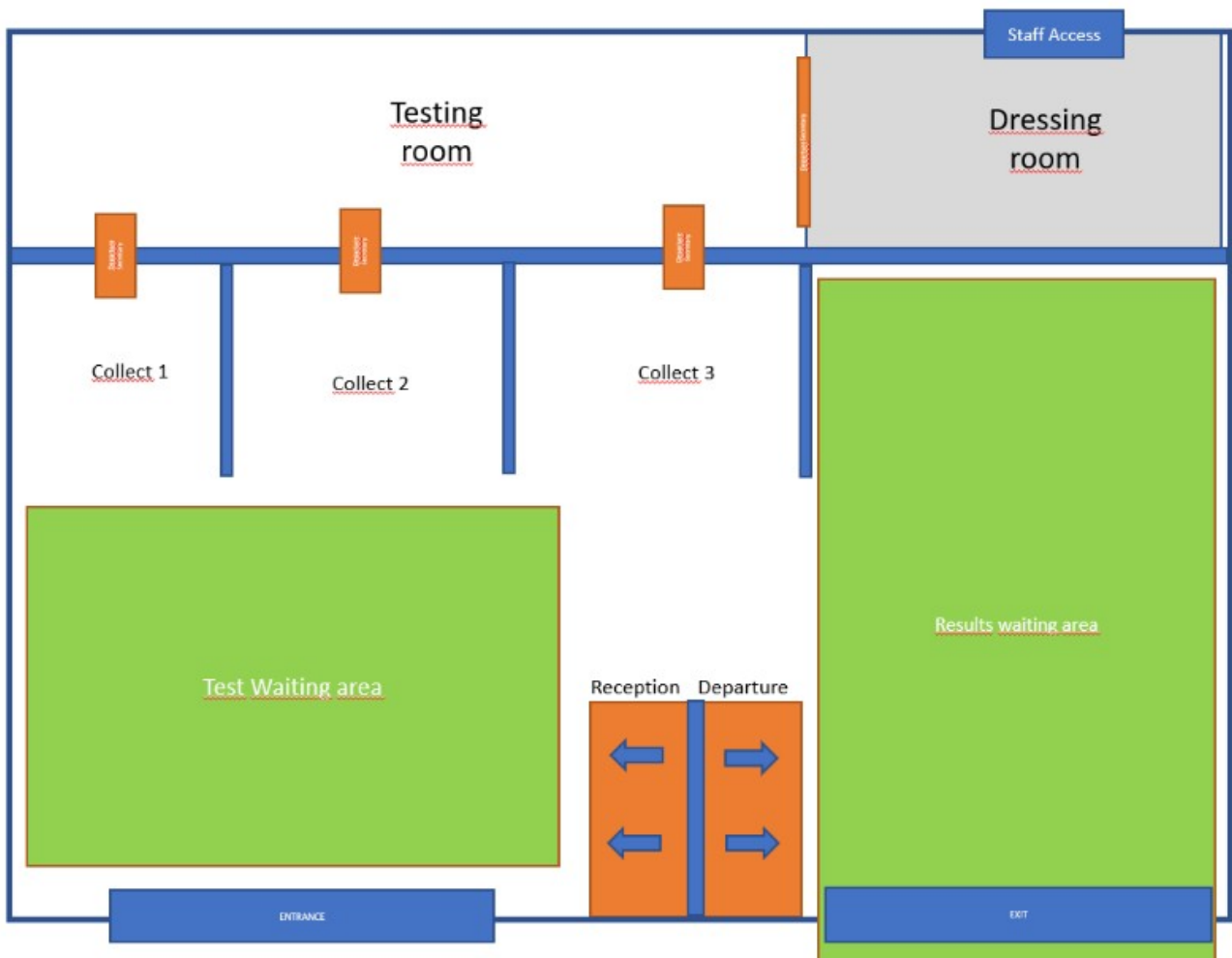
Should an individual directly involved with the competition test positive for Covid-19 on return home the procedures defined will be implemented to ensure the appropriate communication flow.

Test center detailed information

The test center will be located outside the main entrance to the venue with the following schedule:

- 30/08 -08:30 to 12:30 | 15:00 to 19:00
- 31/08 -08:30 to 12:30 | 15:00 to 19:00
- 01/09 -08:30 to 12:30 | 15:0 to 19:00
- 02/09 -10:00 to 13:30 | 14:30 to 19:00
- 03/09- 10:00 to 13:30 | 14:30 to 19:00
- 04/09- 10:00 to 13:30 | 14:30 to 19:00
- 05/09- 10:00 to 13:30 | 14:30 to 19:00
- 06/09- 10:00 to 13:30 | 14:30 to 19:00

It will work on first come first served basis for the antigen tests and with pre reservation for PCR Departure tests.





ANNEX

Signed National Federations written declaration

Name (as shown on passport or ID card)	
Team leader for which National Federation	
Phone Number	
e-mail address	
<p>I hereby declare that, as National Federation representative, I will not bring to the competition venue any delegation member having the following symptoms during the training period and competition period:</p> <ul style="list-style-type: none"> • New or persistent cough • Fever • Loss of sense of taste or smell • Shortness of breath • Headache • Aching muscles beyond that expected in training • Severe fatigue • Loss of appetite/Nausea/vomiting/diarrhea <p>Furthermore, I declare, as National Federation representative, we accept the COVID-19 protocol for the concerned competition, and we will apply strictly all applicable countermeasures.</p>	

SIGNATURE and DATE:

HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



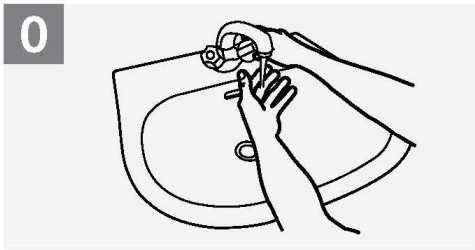
Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

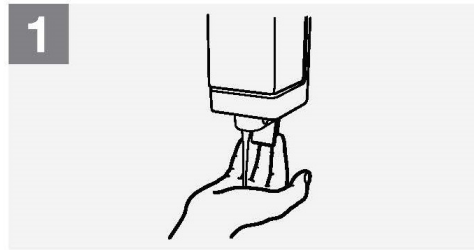
How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

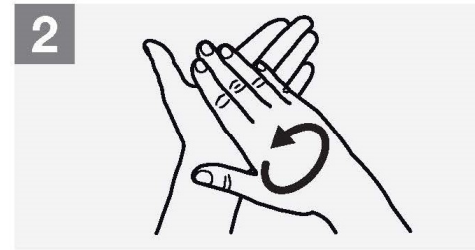
 Duration of the entire procedure: 40-60 seconds



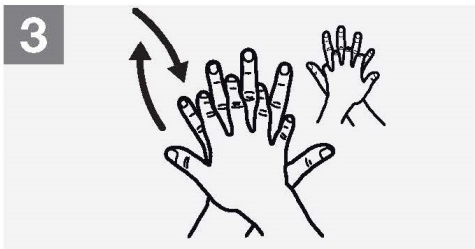
0 Wet hands with water;



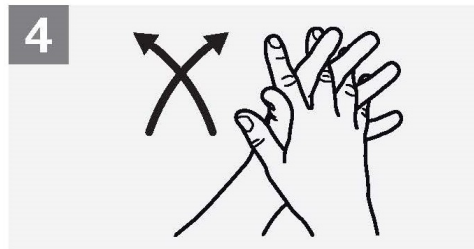
1 Apply enough soap to cover all hand surfaces;



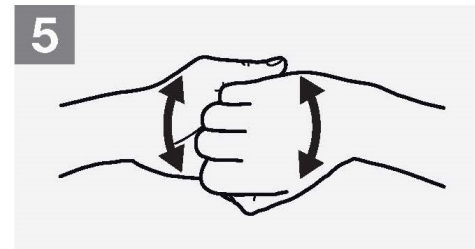
2 Rub hands palm to palm;



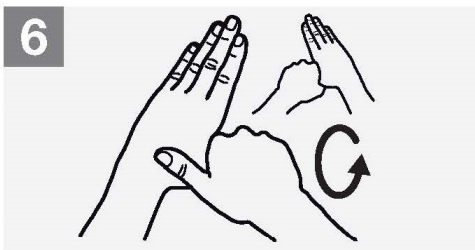
3 Right palm over left dorsum with interlaced fingers and vice versa;



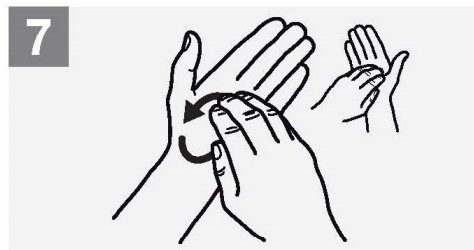
4 Palm to palm with fingers interlaced;



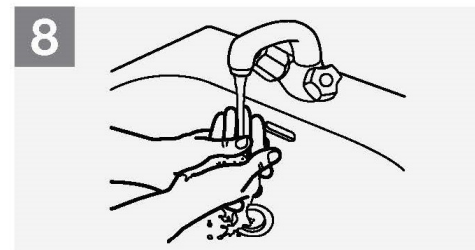
5 Backs of fingers to opposing palms with fingers interlocked;



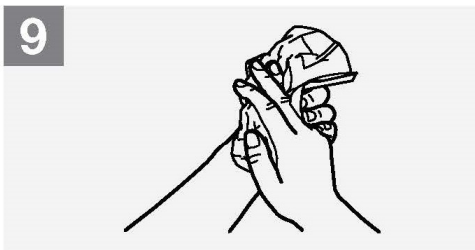
6 Rotational rubbing of left thumb clasped in right palm and vice versa;



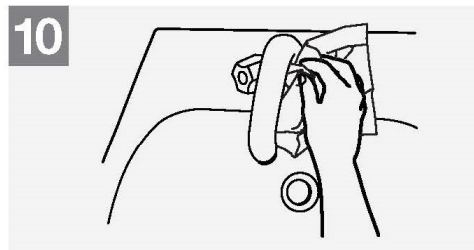
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



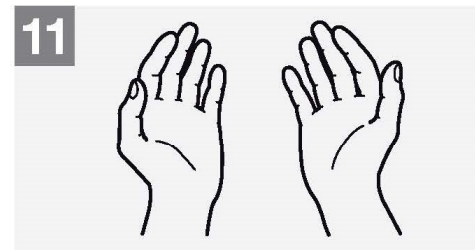
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.



World Health
Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

HOW TO GUIDE – PUTTING ON PPE FOR CONTACT/DROPLET PRECAUTIONS

1 Perform hand hygiene

Alcohol based handrub

Rub hands for 20–30 seconds.

or

Water and soap

Wash hands for 40–60 seconds.



2 Put on the gown



3 Put on the mask

Medical mask.



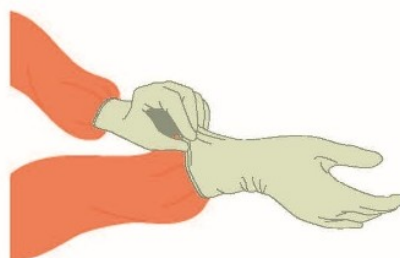
4 Put on eye protection

Put on face shield or goggles.



5 Put on gloves

Ensure glove is placed over the cuff of the gown.



Full PPE



HOW TO GUIDE – TAKING OFF PPE FOR CONTACT/DROPLET PRECAUTIONS

Ensure that infectious waste containers are available for safe disposal of PPE. Separate containers should be available for reusable items.

Order is important

1 Remove gloves



2 Remove the gown

Ensure gown is pulled away from the body during removal and that clothing does not become contaminated and dispose of them safely.



3 Perform hand hygiene

Alcohol based handrub

Rub hands for 20–30 seconds.

or

Water and soap

Wash hands for 40–60 seconds.



4 Remove eye protection

Remove face shield or goggles.



5 Remove the mask

Ensure you are taking the mask off from the straps, avoid touching the mask.



6 Perform hand hygiene

Alcohol based handrub

Rub hands for 20–30 seconds.

or

Water and soap

Wash hands for 40–60 seconds.

