



**EUROPEAN
JUNIOR
SWIMMING
CHAMPIONSHIPS
ROMA 21**

LEN
european
aquatics

FIN
FEDERAZIONE ITALIANA NUOTO

**STADIO DEL NUOTO
"FORO ITALICO"
ROME**

6TH - 11TH JULY 2021

ROMA



REGIONE
LAZIO



European Junior Swimming Championships Rome (ITA), 2021

INFORMATION BULLETIN

The Italian Swimming Federation has the honor and privilege to invite all LEN Affiliated Member Federations to participate in the European Junior Swimming Championships 2021 to be held in Rome (ITA) from 6th to 11th July.

Rome

Rome is the capital of the Italian Republic and the most populous and largest municipality in Italy and is among Europe's major capitals in terms of the amount of terrain it covers.



It is the city with the highest concentration of historical and architectural riches in the world. Its historical center, outlined by the enclosing Aurelian Walls, layering nearly three thousand years of antiquity, is an invaluable testimony to the European western world's cultural, artistic and historical legacy and in 1980 it was, together with the Holy See's property beyond the confines of the Vatican State as well

as the Basilica of St. Paul outside the Walls, were added to UNESCO's World Heritage List.

Rome, the heart of Catholic Christianity, is the only city in the world to host an entire foreign state within its confines, the enclave of the Vatican City, and it is for this very reason that it is often referred to as the capital of two States. Over 16% of the world's cultural treasures are located in Rome (70% in all of Italy).



Useful Information

Organisation

The Organising Committee of the European Junior Swimming Championships has the pleasure to inform the interested Federations that the event will take place in Rome at the "Stadio del Nuoto" from 6th – 11th July 2021 (Piazza Lauro de Bosis, 3).

The event will be organized following COVID-19 sanitary guidelines (to be circulated).

The ROC will take care of the local transportation and shuttle service from the airports and train stations upon arrival, during the event, and for your departure as well and it will book the hotel according to your needs.

The teams are requested to check on their own, COVID-19 rules, regulations and restrictions, for traveling to another country. They must also check if for the event's period they will be allowed to travel and/or if they have to do a self-quarantine period upon arrival to Italy.

Please communicate all these particular situations to the Organising Committee.

Host, Venue and Dates

The host of this Championship is the Italian Swimming Federation in collaboration with the City of Rome and the Lazio Region.

There has been established an Organising Committee (ROC) in charge of the preparations and the organization of the competition under the control and supervision of the LEN Bureau.

The event will be held according to the following schedule:

- July 4th – 5th, training
- July 6th, Opening Ceremony
- July 6th - July 11th, Competition

Contact Details for the Organising Committee

The Italian Swimming Federation is in charge of the arrangements: All National Federations are kindly requested to communicate with the ROC at the following address:

Organising Committee European Junior Swimming Championships

c/o Italian Swimming Federation

Address: Stadio Olimpico Curva Nord - 00135 Roma

For Swabs and COVID-19: swab.ejsc21@federnuoto.it

For accommodation needs and question: accommodation.ejsc21@federnuoto.it

For any other information: info.ejsc21@federnuoto.it

Phone Nr. +39 06 36 200 457 / 406

Website: ejsc2021.com

Venue

The event will be held at the Stadio del Nuoto “Foro Italico” in Rome. In earlier years, the venue has hosted several international events like the World Championships in 2009, and the International Swimming Trophy, “Sette Colli”.

Participants

All LEN affiliated Federations are eligible to participate in the European Junior Swimming Championships.

Age Groups

Women 14 – 17 years (born 2004-2007), Men 15 – 18 years (born 2003-2006).

Dates to Note

Please note on the following deadline dates:

Preliminary Entry Form (attached) → 12th May 2021 (info.ejsc21@federnuoto.it and lenoffice@len.eu)

Accommodation Requirement Form (on-line) → 18th May 2021

Payment Schedule

50% deposit due by 25th May 2021

Balance of payment due by 26th June 2021

Cancellation Fees

Changes done within 26th June will not be charged

After the 26th of June any cancellations will be subject to 100% penalties

VISA Form (on-line) → 15th June 2021

Information for Swabs (on-line) → 15th June 2021, Long List;

within 26th June 2021, Final List

Travel Form (on-line) → 15th June 2021

Final Entry Form (on-line, Microplus system) → 26th June 2021

Rooming List (on-line) → 26th June 2021

Accreditation Form (on-line, Microplus system) → 26th June 2021

COVID-19 Declaration for Participants Form → Upon Arrival.

You will receive via e-mail your credentials to access the online accommodation and logistics website, where you will be able to see all the forms necessary to be filled in. This online system is connected with the Microplus' one so you will already find all participants' details inside.

For accreditation and entries, you will be asked to use the Microplus System as usual.

Payment

Beneficiary	Federazione Italiana Nuoto
Swift Code	B N L I I T R R
Iban	IT 20 U 01005 03309 000000009133
Reason of transfer	European Junior Swimming Championships 2021, Booking Number (your Nr.)

Application for Visas

If you need a Visa in order to travel to Italy, please provide the ROC with the following information of each member of your delegation attending the European Junior Swimming Championships 2021:

- Name and Surname as in passport
- Passport number
- Passport expiration date
- Your status in the delegation (Role)
- Date of birth
- Place of birth
- City where you will collect your Visas.

Please fill in this information in the form on-line within 15th June 2021. If you need help, please email info.ejsc21@federnuoto.it

After this information is completed, you will receive a formal letter of invitation to the event listing your delegation by name and including the required passport information.

A copy of this invitation along with a formal letter from the Italian Swimming Federation will be sent to the Embassy or Consulate of Italy where you are making the application.

Accommodation

Due to this pandemic situation and as requested by LEN, the event will be run in a “bubble”. Therefore, to ensure the most favorable prices, and first of all to guarantee the health and safety of all participants, the ROC is directly in charge of the accommodation process.

Single and Twin, rooms will be available. The rates are per person per night, including breakfast, lunch, and dinner. The reservations will be made on a ‘first-come-first-served’ basis.

Reservation will be confirmed upon receipt of 50% deposit payment.

Transportation

The organising committee will welcome all members of the participating Federations at Fiumicino and/or Ciampino Airport, and/or Termini or Tiburtina Railway Station.

The ROC will be providing transportation services between the airport, the official team hotels, and the competition venue as per LEN COVID-19 Guidelines and Regulations; so, upon arrival, and also for departures, during all transfers, all must wear a face mask. Transportation schedules will be provided upon arrival.

No other transportation will be allowed.

Arrivals

The organising committee will facilitate airport welcome and transportation services upon input of the correct travel information in the system no later than 15th June 2021.

Teams may arrive on July 4th, 2021, not before, or minimum 48h before their race.

Procedures Upon arrival

The teams will be transported to their hotel where they will be tested for the first Antigen Test and PCR Test.

The team must wait for the result of the Antigen Test before leaving this place. After receiving the antigen test result participants will be allowed to go through the check-in procedures at the hotel. Delegates must have a negative result and NO signs or symptoms of COVID-19 infection.

Upon arrival, during transportation, and during testing, all must wear a face mask.

Upon receiving also, the result of the PCR Test, they can compete in the event. While waiting for the PCR test result, participants will not be allowed to move from their room. More information will be provided in the final sanitary guidelines.

Training and Competition

During the training and competition period, transport (bus service) between the pool and the official hotels will be organized for the event. It's mandatory to take ONLY the buses of the Organising Committee and not public transports or others.

Departures

If you have provided your travel details, the event information desk at the hotel will publish your departure details the day before your departure.

COVID-19 Rules and Regulations will be applied.

LEN Hotel (LEN Delegates and LEN Staff)

Hotel Donna Laura Palace

Hotel Donna Laura Palace is situated in the center area of Rome and within 5 minutes from the Stadio del Nuoto "Foro Italoico."



Team Hotels

Hotel Fleming (Full Board) – Piazza Monteleone di Spoleto, 20

Hotel Fleming is situated in the north area of Rome and within 12 minutes transfer to Stadio del Nuoto “Foro Italico.”. Wireless internet is available free of charge at the hotel.

Single occupancy 150 €/night

Double occupancy 125 €/night/person

*City Tax included (6 € per day)



Hotel Villa Maria Regina (Full Board) – Via della Camilluccia, 687

Hotel Villa Maria Regina is situated in the north area of Rome and within 12 minutes transfer to Stadio del Nuoto “Foro Italico.”. Wireless internet is available free of charge at the hotel.

Single occupancy 150 €/night

Double occupancy 125 €/night/person

*City Tax included (6 € per day)



Doping Control

According to LEN rules, the conduction of doping control will be the responsibility of the Italian Anti-Doping Agency (NADO) under the supervision of the LEN Medical Delegate appointed.

All participating competitors may be required to be tested for doping control.

Supervision of the Event

Management Committee: the LEN Technical Committees

Jury of Appeal: will be in accordance with LEN Rules and Regulations.

National Anthems

Instructions will be forwarded.

Passport Check

The Head of Delegation must present the passport of each team member before collecting the accreditation cards. The data on accreditation card will be compared to the data on valid passports of all participants and staff members.

Awards

Medals will be awarded for 1st – 3rd places in all events. Certificates will be distributed to the finalists in each discipline.

Schedule

See page 9.

Venue

Floorplan – Competition pools, Will be published on the website at ejsc2021.com.

Day 1 July 6th	Day 2 July 7th	Day 3 July 8th	Day 4 July 9th	Day 5 July 10th	Day 6 July 11th
Heats 50m Butterfly M 50m Breaststroke W 400m Freestyle M 100m Freestyle W 100m Breaststroke M 400m Ind Medley W 4x100m Freestyle M 4x200m Freestyle W 800 m Freestyle W	Heats 100m Freestyle M 100m Breaststroke W 100m Breaststroke M 200m Butterfly W 200m Ind Medley M 4x100m Freestyle Mixed 1500m Freestyle M	Heats 100m Butterfly M 200m Breaststroke W 50m Breaststroke M 200m Freestyle W 50m Breaststroke M 4x100m Medley Mixed	Heats 50m Butterfly W 200m Freestyle M 50m Breaststroke W 200m Breaststroke M 200m Ind Medley W 4x200m Freestyle M 1500m Freestyle W	Heats 100m Breaststroke W 50m Freestyle M 50m Freestyle W 200m Butterfly M 200m Breaststroke M 200m Backstroke W 100 m Butterfly W 4x100m Freestyle W 800m Freestyle M	Heats 400m Freestyle W 400m Ind Medley M 4x100m Medley W 4x100m Medley M
Semi & Finals 400m Freestyle M 50m Breaststroke W SF 100m Backstroke M SF 400m Ind Medley W 50m Butterfly M SF 100m Freestyle W SF 100m Freestyle M SF 4x100m Freestyle M 4x200m Freestyle W	Semi & Finals 100m Freestyle M SF 200m Butterfly W SF 100m Backstroke M 100m Freestyle W 100m Breaststroke M SF 100m Breaststroke W SF 50m Butterfly M 50m Breaststroke W 200m Ind Medley M SF 800m Freestyle W 4x100m Freestyle Mixed	Semi & Finals 100m Breaststroke M 100m Backstroke W 100m Butterfly M SF 200m Breaststroke W SF 50m Backstroke M SF 200m Freestyle W SF 200m Ind Medley M 50m Breaststroke M SF 200m Butterfly W 1500m Freestyle M 4x100m Medley Mixed	Semi & Finals 50m Breaststroke M 200m Freestyle M SF 200m Ind Medley W SF 100m Butterfly M 200m Breaststroke W 50m Backstroke M 50m Butterfly W SF 200m Freestyle W 50m Backstroke W SF 200m Breaststroke M SF 4x200m Freestyle M	Semi & Finals 50 Butterfly W F 100m Breaststroke W SF 200m Butterfly M SF 200m Ind Medley W 200m Backstroke M SF 200m Backstroke W SF 50m Freestyle M SF 100 m Butterfly W SF 200m Freestyle M 50m Backstroke W 50m Freestyle W SF 200m Breaststroke M 1500m Freestyle W 4x100m Freestyle W	Semi & Finals 100m Butterfly W 400m Ind Medley M 100m Breaststroke W 200m Butterfly M 400m Freestyle W 200m Backstroke M 200m Backstroke W 50m Freestyle M 50m Freestyle W 800m Freestyle M 4x100m Medley W 4x100m Medley M

PRELIMINARY SANITARY REQUIREMENTS FOR COVID-19

As this stands, the following preliminary sanitary requirements for COVID-19, are considered to apply according to both the Italian and European COVID-19 guidelines on the prevention of virus' spreading. Based on the evolution of the epidemiological situation things could be changed.

To minimize the risk to the event from COVID-19, a large extension of the cooperation of the teams, their athletes, officials, technical staff, the venue staff, and all those involved in the event is crucial. Therefore, LEN and ROC expect all parties to adhere to hygiene best practices both in the controlled event environments and in their day-to-day lives. All precautions set out in this document must be strictly accepted by all those involved.

The European Aquatics Sanitary Guideline sets out the framework of medical, sanitary, and hygiene procedures together with the operations that are to be applied at this competition. The difficulty is to foresee how Covid-19 will evolve, either in terms of epidemiology or like the countermeasures imposed by national governments, whilst it is almost impossible to establish a completely risk-free environment, the aim is to lower the risk as far as possible by applying current medical advice and best practices.

Given the overall situation and the regulatory conditions which may occur in the coming month, the Protocol may be revised and adapted at any changes. The Sanitary Guideline is subject to legal provisions and other orders issued by the competent local authorities in the various countries.

This means creating a protected and contained environment for athletes and technical staff to provide them with a separated 'bubble' corridor for all movements into, within, and out of the venue, and establish best practice principles for the protection and safety of all working staff involved in delivering the match. The aim is to minimize the number of contacts between different groups involved in the event, to reduce the possibility of any cross-contagion between groups, and therefore, to limit the number of people that may need to be tested.

The European Aquatics Guidelines include medical and operational obligations for all parties taking part in the Event. These obligations are applied in preparing the venues, subject to any additional measures imposed by the local authorities.

LEN is entrusted with the operational management of the Guidelines and entitled to take a decision and adopt operational provisions for the implementation of the Guidelines in particular given the different events to be organized as well as to amend it accordingly because of the COVID-19 development and the changing of the National conditions. Non-compliance with the obligations set out in the protocol may lead to disciplinary measures according to the LEN regulation.

To prevent the spread of COVID-19 the event will be run in a bubble (an umbrella term for the Training Location, the Competition Venue, the Hotel, and the buses involved in the transportation of the Teams).

For all participants the entry into the bubble is subject to the following procedures:

1. Procedures before entering the country:
 - a. All participants shall have one negative Sars-Cov-2 PCR test performed 48 hours before arrival to Italy. It must be written in English.

- b. Before departure, Test results must be sent to the ROC to the following email: swab.ejsc21@federnuoto.it
- 2) Procedures upon entry in the country:
- a. Participants will be subject to border control.
 - b. The use of protecting masks for all participants is mandatory at any time.
 - c. Participants will collect and carry their luggage.
 - d. Representatives from ROC will meet participants however keeping social distance.
 - e. Participants will be informed by the COVID Marshal concerning accessing the bus and transportation to the Hotel. It's mandatory to pick up ONLY ROC transfers that will be available upon arrival at the official port of entries;
 - f. Participants will be transported to their Hotel. Upon the arrival they will be subject to the first Sars-Cov-2 Rapid Antigen Test and PCR Test. The rapid test will allow to access the hotel room.
 - g. The negative result of the rapid antigen test will allow to access the hotel room. Once the negative result of PCR will be delivered, participant will be allowed to leave the hotel room.
 - h. The accreditation card barcode to allow access to the relevant dedicated areas will be activated following the negative PCR results.
 - i. Participants occupy the room reserved for them.
- 3) Procedures during the event: All teams must be accompanied by a doctor who is responsible to communicate daily any possible onset of symptoms from COVID-19. This communication must be made only to the Italian team doctor.
- a. During the Championships all members of the team (athletes and staff) must not leave the bubble and are required to strictly respect the anti-COVID rules (please see below).
 - b. Training and Competition Venues are exclusively used for the Championships during the period thereof.
 - c. Only Participants with an access authorization may enter the Training and Competition Venue.
 - d. No team photographs may be taken, no handshakes, hugs or any other form of close contact is allowed.
 - e. If necessary, Participants may use the separated toilets, they cannot use the showers and locker rooms, gym, jacuzzi, ice baths.
 - f. The movement of Participants is strictly scheduled; all Competitors of the previous Team must leave the Training Location before another Team could enter. The Training Location must be cleaned and disinfected after all Sessions, as per protocol. Competitors exit the Training and Competition Venue via the designated exit and return to the Hotel.
 - g. Equipment used for training must be disinfected after use.
 - h. In the pool area:
 - i. Competitors must follow the "enter, train, leave" rule;
 - ii. Participants' movement routes are pre-defined and allocated to each of them;
 - iii. the area around the pool shall be disinfected according to the protocol approved by LEN and the SU.
 - i. Toilets, boxes and pools are cleaned by a designated, permanent cleaning personnel.

- j. In line with the protocol, the toilets, washbasins, doorknobs and handles, along with other equipment is continuously disinfected after each use.
- k. Pre-triage check: Upon each entry to the Bubble, participants are subjected to temperature measurement and “declaration of participants” collection. It’s mandatory to inform the ROC Medical Officer immediately in case of any COVID-19 symptoms.
- l. Screening protocol: in the middle of the event another Ag Test will be performed to all participants.

For those requiring a swab before departure, please be informed that tests will be made 48h before departure. Kindly advise as soon as possible which kind of swab (Antigen or PCR) you need.

In the preliminary Entry Form, you will be asked to fill in information for swab for coming back home at the current status of the laws of your country and you can update this information at a later stage.

For any requests during your stay in Rome, you can use the following email: accommodation.ejsc21@federnuoto.it

Further information on Test Protocol, Procedures concerning close contacts, and Protocol concerning the conduct and use of protective equipment will be provided at a later stage.

Participants must scrupulously comply with the following health guidelines:

- 1) Wash your hands often. Use hydroalcoholic solutions for hand washing.
- 2) Avoid close contact with people suffering from acute respiratory infections.
- 3) Avoid hugs and handshakes.
- 4) Maintain, in social contacts, an interpersonal distance of at least one meter, preferably two meters.
- 5) Sneezing and / or coughing in a tissue avoiding contact of the hands with respiratory secretions.
- 6) Avoid the promiscuous use of bottles and glasses, especially during sports activities.
- 7) Do not touch your eyes, nose and mouth with your hands.
- 8) Cover your mouth and nose if you sneeze or cough.
- 9) Do not take antiviral drugs and antibiotics unless prescribed by your doctor.
- 10) It is strongly recommended in all social contacts to use respiratory protection (face mask) as an additional measure to other individual health prevention measures.
- 11) Users will have to keep the face mask until it enters the water, they must put it in disposable bags just before swimming and wear it again at the end of the activity.
- 12) Do not exchange items of personal use with other people (towels, bathrobes, etc.).
- 13) Avoid consuming food in the changing rooms.
- 14) Store personal items and clothing in your bags, avoiding leaving them exposed in the changing rooms.
- 15) Immediately throw the tissues or other used materials such as plasters, bandages, etc. in the appropriate containers.
- 16) When using common toilets, avoid touching the tap before and after washing your hands, but use disposable wipes to open and close it.
- 17) In water it is forbidden to spit, urinate, blow your nose. If necessary, use the toilet for these purposes before entering the water.

DECLARATION FOR PARTICIPANTS

The following declaration must be completed by athletes, coaches, managers and all those who access the facility.

The undersigned _____

born on _____ in _____ (_____)

home address _____ (_____),

passport number _____ issued by _____ on _____

telephone number _____, email _____

In accordance with Italian Law, DECLARES, as far as it is aware:

- to be / not to have been affected by COVID-19.
- to be / not to be subjected to quarantine by the health national authorities.
- to have / not to have been exposed to confirmed or probable or suspected cases of COVID-19 in the last 14 days.
- to have / not have had symptoms related to COVID-19

aware that in the event of a positive response, he will not be able to access the implant unless he has a healing certificate.

I undertake to inform my doctor, and not to attend the sports facility, in case of:

- appearance of temperature over 37.5 °.
- exposure to confirmed or probable or suspected cases of COVID-19.
- any symptoms (cough, cold, sore throat, breathing difficulties, dyspnea from exertion, tiredness and muscle pain, abdominal pain, diarrhea, loss of taste and / or smell).

I undertake to respect the appropriate measures to reduce the risk of contagion from COVID-19 as institutional guidelines that have been provided to me.

I authorize the measurement of body temperature at each entrance to the sports facility for the purpose of preventing contagion from COVID-19.

I authorize the processing of my personal data pursuant to art. 13 of Legislative Decree 30 June 2003, n. 196 "Code regarding the protection of personal data" and art. 13 of the GDPR (EU regulation 2016/679).

Date _____

Signature _____