

Preventive infection measures

Participation in this year's Swim Open take place at your own risk. Certain changes and the addition of contagious preventive measures are required to those from the Swedish Public Health Authority general rules and guidelines for meetings. **Participation (= athletes/coaches/staff)** requires understanding and acceptance as below:

- All participants are required to use their own responsibility and good judgment regarding their own health status regarding **you are fully healthy** for participation at Swim Open.
- All teams must respect the need of the **Health Declaration** for each participant every morning. The teamleader submit the Health Declaration to the Hospitality Desk at Clarion Hotel every morning before leaving for the morning sessions. All participants bring their own fever thermometer.
- All participants are required to use their **own CE marked mouth guards** throughout their stay, both in/around the competition arena and the hotel. Mouthguards may only be removed at dryland warm up, when undressing before race and of course swimming and eating. Also remind your team that a mouth guard hold capacity for 2-3 hours, so they need to change them continuously, and of course have plenty of them in the package.
- All participants must **continuously use the existing aclogel** stations. And it's also wisely to bring your own small alcobottle to keep in the pocket.
- All participants must **show full consideration for necessary distancing** in all situation and not share equipment with each other. A generell distance of two meters from others are expected.
- All competitors may **only stay in the pool area/warm-up area during their respective trial swimming and any final swimming in the C-B and A-finals**, respectively. No athletes are permitted at the stands, that's only an area for coaches.
- **Coaches Café**, coffee/tea and simple snacks (fruit) will be available at Coaches Corner, but not similar to previous years with great sandwiches/buns/cakes etc. We will also have runners who will serve you coaches at the stand so you don't have to leave your seat.
- Start will take place at the short side of the grand stand, but this year opposite the previous one. As far as possible, **a one-way transport enviroment between the startdeck, pool, warm-up pool etc will be created** to counteract physical encounters, barrier band will be set up with information about directions.
- **Travel to and from Swim Open Stockholm:** [Read the guidelines here for travelling to Sweden and what requires](#) about tests. All international teams are picked up and dropped off at Arlanda Airport by buses organized by the Swim Open Organization. No public transport is accepted.
- **During your stay in Stockholm.** We strive to build a living enviroment with the Clarion Hotel and Eriksdalsbadet (the pool) as transport-related meeting points, an infection-free controlled "bubble". Therefore, all participants are recommended to **bring all the equipment and necessities from home in their packing** so as not to have to go outside the bubble, important. The Swim Open Hospitality Desk at the Clarion Hotel can be at help if necessary.

Together we create a safe and succesful enviroment for this year's Swim Open Stockholm!