



## Contact information

Organiser contact information	
Phone	General: <a href="tel:+41813855723">+41 81 385 57 23</a>
E-mail	General: <a href="mailto:tourdeski@lenzerheide.com">tourdeski@lenzerheide.com</a> , Entries: <a href="mailto:tourdeski@lenzerheide.com">tourdeski@lenzerheide.com</a> , Accommodation: <a href="mailto:tourdeski@lenzerheide.com">tourdeski@lenzerheide.com</a>
Address	Verein Arena Nordic Events, OK Tour de Ski Lenzerheide, Voia da Bual 1, 7083 Lantsch/Lenz
Website	<a href="https://tourdeskilenzerheide.ch/de/Teams">https://tourdeskilenzerheide.ch/de/Teams</a>
Social media	<a href="https://www.instagram.com/lenzerheide/">https://www.instagram.com/lenzerheide/</a>

Offices and their opening hours		Officials	
<b>Race office</b>	26th December - 09.00 am to 06.00 pm Biathlon arena, team area	<b>FIS Technical Delegate</b>	Jussi Prykaeri (FIN) Marko Lustrek (SLO)
<b>Race office</b>	27th December - 08.000 am to 06.00 pm Biathlon arena, team area		
<b>Race office</b>	28th December - 08.00 am to 06.00 pm Biathlon arena, team area		
<b>Race office</b>	29th December - 08.00 am to 06.00 pm Biathlon arena, team area		

## Event schedule

Event schedule (LOC times)			
27.12.2021	Event	Location	Races
17:30	Team Captains' Meeting	Seminarraum Nordic House, Roland Arena	28 Dec - SPWQ Women's SP 28 Dec - SPWQ Men's SP 28 Dec - SWC Women's SP 28 Dec - SWC Men's SP
28.12.2021	Event	Location	Races
11:30	Competition start	Roland Arena Lantsch/Lenz	28 Dec - SPWQ Women's SP 28 Dec - SPWQ Men's SP
14:00	Competition start	Roland Arena Lantsch/Lenz	28 Dec - SWC Women's SP 28 Dec - SWC Men's SP
17:30	Team Captains' Meeting	Hybrid Meeting	29 Dec - SWC Women's 10k 29 Dec - SWC Men's 15k
29.12.2021	Event	Location	Races
13:30	Competition start	Roland Arena Lantsch/Lenz	29 Dec - SWC Women's 10k
15:05	Competition start	Roland Arena Lantsch/Lenz	29 Dec - SWC Men's 15k

## Dear Teams

[Under the following link you will always find the latest information and the Team Guide for download.](#)



## Team Captains Meeting

The first Team Captains Meeting of the Tour de Ski will take place in the Seminar room at the Nordic House at the following time:  
Monday, 27th December 2021 at 5.30 pm.

Due to covid-regulations only one person per nation is allowed to take place at the Team Captains Meeting.  
Furthermore the information will be available online on:

The second Team Captains Meeting take place as a hybrid session. Access to the meeting will be available at the following link an at the following time: Link einfügen

Tuesday, 28th December 2021 at 5.30 pm

The warm up bibs & printed version of start lists will be distributed after the TCM or in the following morning in the Race office. The online version is directly online on the FIS page and the local website.

## FIS Family

The FIS Family is located at the Bualino (ground floor of the Nordic House) and is opened from 8 am to 5 pm.  
Beside cold and warm drinks, you will receive the following service:

8 am to 11 am snacks & fruits

11 am to 2 pm soup, warm meals & fruits

2 pm to 5 pm snacks, soup & fruits

Warm meals are only served in exchange of food vouchers which are available in the race office and have to be ordered in advanced.  
Teams or SRS who booked their accommodation by themselves, pay CHF 10.- per lunch voucher.

## WLAN Access for Teams

All team members have free internet access at the whole venue. We recommend using the following team access. Please use the following login:

SSID: bial-teams  
Password: abcd2019ef

## Waxing facilities

Waxing facilities (World Cup Rules Art. 14)

- Wax cabins: available from 26th December 2021 starting from 8.00 am
- The keys for the cabins are available at the race office. The deposit is 50 € or CHF per key. Keys have to be returned to the Team Area Chief at the day of departure.
- Parking cards can be picked up at the race office with the keys.
- Additional wax cabins costs CHF 900.00

## Nordic House

**Basement:** Anti Doping Control



**Ground floor:** FIS Family, changing rooms with lockers, showers & toilets for teams

**First floor:** TCM & changing room

**Second floor:** Massage room / changing room

The Nordic House offers space for the FIS Family, massage room, changing rooms with lockers and showers and waxing facilities. The Nordic House opened in December 2016 and is a multifunctional building which was specially built for Cross Country and Biathlon World Cups, training camps and hotel rooms for the normal season. It should be noted that the Nordic House is exclusively accessible to the red group during this year's Tour de Ski.

## Frequency coordination

All users must register their wireless devices in advance via webtool FreqCoord. Wireless devices may not be used if they have not been registered. More information is available [on this fact sheet](#).

## Accreditation

The Tour de Ski Accreditation Centre is located in the Aula Lantsch/Lenz and is open as follows:

26.12.21	10 am to 4 pm
27.12.21	7.00 am to 5 pm
28.12.21	7.00 am to 5 pm
29.12.21	7.00 am to 3 pm

## Course maps

[Here](#) you can find the different course maps

## PART ONE

### General Covid prevention information

#### VALID FOR: TEAMS, OFFICIALS, LOC, MEDIA

#### Preparations in advance – mandatory for all World Cup events

1. Read the FIS Covid-19 Prevention guidelines

Available on <https://www.fis-ski.com/en/inside-fis/covid-19-hub>

2. Register to the FIS Passport

- a. Register on <https://fispasport.fis-ski.com/fis/> use access code: FIS2022
- b. Apply to the respective event
- c. Fill in all required information

3. Read the full LOC Health Protocol, available in the download section of each event

- a. Plan your PCR tests prior departure and upload the result to the FIS Passport. The PCR Test is mandatory for everyone - also for vaccinated and previously infected persons!



## General

- Health takes the highest priority; a high level of solidarity and individual responsibility is required.
- Persons with COVID-19 symptoms must not attend the event.

## PART TWO – EVENT SPECIFIC FACT SHEET

### Tour de Ski Lenzerheide Covid guidelines

### Coronavirus: Entering Switzerland

#### 1. Register at the national passenger locator form

Fill out the electronic entry form on a computer or smartphone before you enter Switzerland. As soon as you have filled out the online form, you'll be emailed a QR code as confirmation. Keep this code handy for inspection when you arrive in Switzerland. During these checks, you can show the QR code on your smartphone or a printed confirmation. If you have not filled out the entry form despite the obligation to do so, the controlling authority can punish you with a CHF 100 fine. The same applies if you provide false information on the form. The entry form can be completed at the earliest 48h before entry.

Note: You will never have to send in your entry form unsolicited after entering Switzerland – not even if you are not controlled at the border.

#### 2. Test requirements

- At various times you will be asked to show a negative test result. These provisions also apply to people who have been vaccinated or recovered from COVID, and regardless of what country they enter from. On boarding: On boarding, everyone aged 16 and over intending to enter Switzerland by air or bus must be able to show the negative result of a PCR test (performed no more than 72 hours prior to boarding) or a rapid antigen test (performed no more than 24 hours previously). If you cannot show such a test you will not be allowed to board the aircraft or vehicle. Note: For people entering Switzerland from a country with a variant of concern, the test requirement on boarding already applies to those aged 6 and over.
- On entry to Switzerland: On entering Switzerland, everyone aged 16 and over must be able to show the negative result of a PCR test (performed no more than 72 hours prior to entry) or a rapid antigen test (performed no more than 24 hours previously). Anyone unable to present a valid negative PCR test, must take a test immediately on arrival (PCR or rapid antigen test).
- After entering Switzerland: Are you not vaccinated or recovered? Then you must take another PCR test or rapid antigen test between the 4th and 7th day after entry. This applies to people age 16 and over. For people entering the country and leaving before day 7 (and staying for 6 nights), another PCR or rapid antigen test is not obligatory but recommended. The test result and the number of the entry form or a copy of the contact card must be notified to the canton.

Have you received a negative test result? In this case you must report this to the canton in the form of a COVID test certificate. Have you received a positive test result? In this case, notify the canton of the test result. Contact details for the cantonal authorities are listed further down this page. The costs of the test are borne by the person themselves.

#### Needed documents for accreditation

1. Completed FIS Passport registration
2. Upload the PCR test not older than 72h in the FIS Passport

Before collecting the accreditation, all persons from the red group must load a negative PCR test, which is not older than 72 hours, onto the FIS Passport. In addition, the health questionnaire must be completed. These documents must be completed at least 12 hours before the accreditation is collected, otherwise no accreditation can be issued.

3. Individuals recovering from Covid-infection and symptom-free (between 365 days and 14 days prior to the event) must load proof of positive test on the FIS Passport.
4. If not vaccinated or recovered, you must take another test (PCR is strongly recommended) for Oberstdorf on 29 December and then upload it in the FIS Passport. Persons who have to take another test will be called up by the LOC. The costs for the tests have to be paid by the person who caused them on site. Teams can take the test on 28 or 29 December. Please note that the PCR test is only valid for



48 hours in Germany.

## Testing during the Event

Anyone who has not been vaccinated or recovered from COVID-19 must get themselves tested every two days (rapid antigen test). Individuals from the Red group will be prompted to do this by the LOC. Those tested must load their test results onto their FIS passport in order for their accreditation to remain valid. Persons who need to undergo a retest on the last day of competition at the event will not require any further tests. The costs of the tests must be paid there and then by the person being tested.

In addition, persons from the red group must fill out a health questionnaire in the FIS Passport every day for the duration of the event.

## Test center - person group red

From December 24 to 29, 2021 from 8 am to 10 am the public test center in Lenzerheide, Voa Principala 68, 7078 Lenzerheide is available. No registration is required for the tests from 8 to 10 am. The test result should be available by the evening.

If you would like to take a test outside of these times, you must register in advance. The test result can then no longer be guaranteed within a certain time.

The test center offers both PCR and antigen rapid tests, both of which are approved for obtaining a Covid certificate. The PCR test has a validity of 72h from sample collection, the rapid antigen test is valid for 24h from sample collection.

For the onward journey to Oberstdorf a PCR test is mandatory for the red groups (not vaccinated, not recovered). In Germany the PCR test has a validity of 48h from sample collection.

The costs of any additional tests must be paid there and then by the person being tested.

## Mandatory face masks

- Everyone must wear a face mask in all areas of the Red accreditation zone on the event grounds (Indoor and Outdoor).
- Certified disposable masks must be worn in the competition area. The organizer recommends wearing FFP2 masks for your own protection.
- Protective masks do not have to be worn in the following exceptional circumstances:
  - By athletes immediately before, during and after the competition
  - During mealtimes, after individuals have sat down at their tables

## Covid-19 testing

- Tests must be officially recognized and certified in the country in which they are carried out.
- The task force can request that persons with symptoms take a rapid COVID-19 test.
- The task force may arrange for rapid COVID-19 tests to be carried out unannounced at any time.
- In the event of a positive result being returned by a rapid COVID-19 test, a COVID-19 PCR test must also be carried out.
- The costs of any additional tests must be paid there and then by the person being tested.

## What to do if you experience symptoms

1. Should anyone develop symptoms, the team manager must be informed immediately.
2. The affected person must enter self-isolation immediately.
3. The team manager shall inform the LOC's COVID-19 Health Coordinator immediately via the COVID-19 Hotline (+41 79 586 92 45).
4. A rapid antigen test must be carried out. If the result of this test is negative, the person concerned can return to the team. If the result of the rapid test is positive, a PCR test must also be carried out.
5. The COVID-19 Health Coordinator will inform the task force in the event of a positive test resort.



6. The task force shall consult the cantonal authorities and decide on the next steps to take.
7. Any information provided to third parties (the media, etc.) must be approved by the task force.

## **Covid rules in accommodation and catering**

### Hotels

- A certificate obligation (3-G) and a general mask obligation apply in all hotels.
- The protection concept of HotellerieSuisse and the protection concept of the hotel itself apply in principle in the hotel.

### Restaurants / hotel restaurants

- In all restaurants, hotel restaurants a certificate obligation applies (2-G). There is no exception for the entire red group.
- Non-vaccinated or recovered persons please contact the hotel directly to look for a solution.
- Sputnik-vaccinated individuals, may take meals in a separate, segregated room. The table rule of 4 applies. Again, teams please contact the hotel directly.
- A general mask obligation also applies. This is lifted when consuming at the table.

### FIS Family (red group)

- For athletes the certificate duty (3-G) is valid.
- For trainers, supervisors, service staff, FIS employees etc. the certificate obligation applies (2-G).
- There is a limit of 4 persons per table.
- There is also a general obligation to wear a mask. This will be waived at the table during consumption

### Training and implementation

- The team manager is responsible for providing team members with internal training.
- The team manager undertakes to inform the team about the Covid guidelines and the protection regulations no later than on the evening before the first official team event (training or competition).