



FIJKAM TRAINING CAMP

LIGNANO SABBIAORO – ITALY

MAY 15th - 22nd 2021

1. DATE

May 15th – 22nd 2021

Arrival: Saturday May 15th, before 18:00. For organizational reason check-in in the following days is NOT possible. Under request, it is possible to arrive on Friday 14th in the evening. First training session on Sunday 16th in the afternoon

Departure: Saturday May 22nd, after lunch. Last training session on Saturday 22nd in the morning.

2. ORGANIZER

Italian Judo Federation (FIJLKAM)

Address: Via dei Sandolini 79, 00122 Lido di Ostia (Roma)

Email: judo.internazionale@fijlkam.it

Tel: 00390656434508

00390656434511

Emergency Contact: (Alessandro Comi 00393336530363

3. PARTICIPATION

EJU/IJF Member Federations can participate.

Due to the pandemic situation the number of athletes participating in the Training Camp is limited to 250 athletes. Minimum age/grade for international participants is requested: 2003/brown belts.

4. REGULATIONS TO MINIMIZE COVID-19 RELATED RISKS

The fundamental principle throughout all the events during the Covid-19 era is to protect and be protected by wearing a mask, sanitizing, distancing. To reduce risks a “bubble” organization will be used inside the village where the hotel and the venue are located: people taking part to the training camp are NOT allowed to leave the bubble, as contamination could occur endangering the safety.

All participants (athlete, coach, physiotherapist, doctor,...) must comply with the recommendations reported below and has the mutual responsibility to protect one-another.

Anyone not complying with the conditions of participation described in these outlines will not be eligible to take part in the event and will have to leave the training camp.

Before Travelling

1. Check if you need a visa, and if yes request it from the organizer. Please send Visa Form to judo.internazionale@fijlkam.it

2. Book accommodation and send a detailed rooming list. Last minute changes can be accommodated whilst the delegation waits in the bus or outside the hotel.

3. Present on arrival, at least one Covid-19 negative individual medical certificate (PCR): the certificate must be in English. Anyone arriving without a medical certificate of the negative test result will not be allowed to participate in the training camp and to stay in the hotel, so will be sent back. This PCR test must be made a maximum of three days before arrival. During this 3-day period participants should stay isolated and limit contacts with other people as much as possible. In the case any kind of symptoms is experienced, it is mandatory not to start to travel, even with the negative PCR test.

5. Present upon arrival an individual Declaration of Honor on the absence of symptoms for at least 14 days per delegate.

PCR test and Declaration of Honor has to be sent to judo.internazionale@fjilkam.it

Entering Italy

The following must be brought/at hand for border control:

1. Passport, ID, and applicable visas, as required (all regular border-crossing regulations must be followed regarding the validity of passports and visas, as applicable for each respective country).
2. Official Invitation from the Italian Judo Federation.
3. Negative PCR test not older than 48 hours before the arrival

Entering the bubble

1. At least one PCR test per participant will be performed immediately upon arrival. The cost of the test is included in the total price of the camp.
2. Until test result is obtained, all participants must remain in their hotel rooms, where water and any paid meals will be ensured until the receipt of the test results.
3. To ensure that testing and following procedures can be performed on time, all participants must arrive not later than Saturday 15th of May, within 18:00. The test results will follow on Sunday 16th.

Arrival to the Village

1. The Coach/Delegation Manager takes all documents to register everyone on the Reception desk. Others stay outside until room keys are received. Social distancing must be observed. No room change is allowed after arrival.
2. All participants have to take their luggage, wear masks and proceed DIRECTLY to their own room. After the sample is taken, they have to go back to their rooms to await their PCR test results. During the waiting period food will be served to the rooms, no outside food delivery can access the hotels. There will be complimentary water in the rooms.
3. Participants must wait in their rooms and may leave their room only after receiving their negative PCR test result. The results will be communicated via the Coach/Delegation Manager. ONLY after the negative PCR test result is obtained, the participants are allowed to leave the hotel room.

Throughout your stay

1. Wear a mask at all times (change it at least twice a day). Exceptions: masks are not obligatory during the training. Masks may be removed while eating in dining areas.
2. Maintain 1.5 m distance at all times.

3. Wash/sanitize your hands regularly, especially if you have had contact with a person or an object. Athletes should wash and disinfect their hands and feet regularly, especially before the training.
4. Undergo antigen tests, 72 hours after arrival PCR result. The cost of the tests is included in the total price of the camp.
5. Submit yourselves to contactless temperature measurement by the organizer on arrival, at accommodation premises, throughout the training camp. Anyone registering a high temperature will be asked to remain outside and their Delegation Manager and the LOC COVID-19 Manager will be contacted.
6. Following the rules in this protocol, it is allowed to walk around in the Village: it is forbidden to go outside for any reason.

In case of positive result

Each case will be managed by the Local Organization Doctor according with the National Health Authorities.

Quarantine period: 14 days

Quarantine hotel: Bella Italia EFA Village

Anyone with a positive test MUST stay in the quarantine hotel provided by the organizer. The cost to be paid is € 90 per day.

Insurance

It is the responsibility of each Delegation to ensure that in addition to their normal insurance they have sufficient insurance in place to cover any COVID-19-related costs. The Italian Judo Federation accepts no liability for any claims relating to cancellation of the event due to COVID-19 or medical costs for any COVID-19 related illness that may affect a delegation member during the event.

Symptoms after arrival

Anyone who experiences symptoms after arrival must immediately contact the Local Covid Manager through the Delegation Manager.

Local Covid Manager: Alessandro Comi 00393336530363

Exit tests

Exit PCR tests may be booked to judo.internazionale@fijlkam.it by May 3rd and paid in advance.

The Exit PCR tests session is scheduled on Thursday May 20th.

Price: € 80

5. ACCOMMODATION AND VENUE

Address

[Bella Italia EFA Village](#)

Viale Centrale, 29 33054, Lignano Sabbiadoro (UD), ITALY

Arrival and check-in

Saturday 15th of May before 18:00

Accommodation

The cost includes: full board accommodation, trainings, use of the gym and facilities in the Village, 1 PCR test at the arrival and 1 Antigen Test check.

ROOM TYPE	PERSON/NIGHT	PERSON/7 NIGHTS
Single	€ 120	€ 720
Double/Triple	€ 90	€ 580
Minimum stay 3 nights		

The number of athletes participating in the Training Camp is limited to 250: the Hotel reservation is handled on a first-come, first-served basis. Only bookings using the hotel reservation form will be accepted.

Hotel information

Hotel rooms, restaurant, training venues and all facilities are at walking distance. All participants can enjoy a swimming-pool, a private beach, laundry service, soccer and volleyball fields.

Full board starts with dinner on the evening of Saturday 15th of May and ends with lunch on day of departure. Check-out no later than 10:00 am, otherwise an additional night will be charged.

In case of any damage to hotel property or training venue caused by members of a delegation, the Organizing Committee will charge all the costs.

Venue

- Dojo
 - The Dojo is only accessible 10 minutes before training and must be left immediately after for disinfection.
 - In the dojo only athletes are allowed not to wear a mask and only during the training session.
 - Changing rooms are not available: dressing and showering must be taken in the hotel room.
 - Individual training sessions are available after request: time will be organized on daily schedule
- Gym
 - Strength and conditions room is available upon request: time will be organized on daily schedule
 - Interpersonal distancing, hands and materials disinfection and use of personal towel are mandatory.

6. TRANSPORT

The organization suggests to get Lignano by personal transport: at the following link it is possible to find precise indications <https://www.bellaitaliavillage.com/en/how-to-find-us-bella-italia.php>.

Transfer from Venice/Trieste Airport is also available upon request not later than May 3rd.

7. DEADLINES

Visa application/Invitation Letter:	May 1st 2021
Reservation Form Hotel/Transport/Exit test:	May 3rd 2021
Payment:	May 7th 2021
Final Entry by name, Rooming list:	May 7th 2021
Sending Declaration of Honor and PCR:	May 14th 2021

8. PAYMENT AND CANCELLATION POLICY

To confirm your entry, kindly complete the payment for accommodation before May 10th 2021 to our bank account.

Account name:	FEDERAZIONE ITALIANA JUDO LOTTA KARATE ARTI MARZIALI
Name of bank:	BNL Sportello CONI Roma
Bank Address:	VIA COSTANTINO NIGRA, 15 – 00194 Roma
Account No. IBAN:	IT96A0100503309000000010108
SWIFT address:	BNLIITRR
Payment Reference:	Booking ' <i>your country</i> ' Judo Lignano May 2021

Cancellations

Cancellation before May 7th 2021:	full refund
Cancellation after May 8th 2021:	no refund

All cancellations must be sent as soon as possible to the organizer.

In case of cancellation by the National Health Authorities full payment will be refunded.

8. VISA

For nations who need VISA to enter Italy, please send the enclosed "Visa Application Form" fully filled not later than May 1st 2021.

9. RESPONSIBILITY OF THE DELEGATIONS

The athletes will train under the full responsibility of their Delegation that is responsible for insuring its judoka against "injury and third part risk" (public liability) during the period of the camp. The Italian Judo Federation (FIJLKAM) decline all responsibility.

10. PROGRAM AND TRAINING SCHEDULE

<i>PROGRAM</i>		
DATE	TIME	GROUP
Saturday - May 15th	15:00-18:00	Arrival & Accreditation
	17:00-18:00	PCR Test
	20:00	Dinner in the room
Sunday - May 16th	12:30	Lunch in the room
	16:00-19:30	Training
Monday - May 17th	09:00-12:30	Training
	16:00-19:30	Training
Tuesday - May 18th	09:00-12:30	Training
	16:00-19:30	Training
Wednesday - May 18th	09:00-12:30	Training
	09:00-13:30	Antigen Test Check
	16:00-19:30	Training
Thursday - May 20th	09:00-12:30	Training
	16:00-19:30	Training
	17:00-19:00	Exit PCR Test
Friday - May 21st	09:00-12:30	Training
	16:00-19:30	Training
	20:00	Coaches Dinner
Saturday - May 22nd	09:00-12:30	Training
	12:30	Lunch and Departure
Breakfast: 07:30-09:00 Lunch: 12:00-13:30 Dinner: 19:00-20:30		

<i>TRAINING SCHEDULE</i>		
DATE	TIME	GROUP
Sunday - May 16th	16:00-17:30	Men
	18:00-19:30	Women
Monday - May 17th	09:00-10:30	Women
	11:00-12:30	Men
	16:00-17:30	Women
Tuesday - May 18th	18:00-19:30	Men
	09:00-10:30	Men
	11:00-12:30	Women
Wednesday - May 19th	16:00-17:30	Men
	18:00-19:30	Women
	09:00-10:30	Women
Thursday - May 20th	11:00-12:30	Men
	16:00-17:30	Women
	18:00-19:30	Men
Friday - May 21st	09:00-10:30	Women
	11:00-12:30	Men
	16:00-17:30	Women
Saturday - May 22nd	18:00-19:30	Men
	09:00-10:30	Men
	11:00-12:30	Women