



2021

WINTER

UNIVERSIADE

COVID-19 BULLETIN





SECTION A: REQUIREMENTS FOR TRAVEL TO SWITZERLAND

1. NEGATIVE PCR TEST

The Organizing Committee is requiring every delegation member to present a negative PCR test upon arrival to be accredited. The test must be taken **no more than 72 hours before your expected arrival in to Zurich**. This is not a rapid antigen test – it must be a PCR test.

Example: If you are expected to arrive in Zurich on Tuesday, December 7th at 10:25am local time in Switzerland (which is 4:25am Eastern Time (ET)), you should take your PCR test on Saturday, December 4th after 4:25am ET (ideally sometime on Saturday, December 4th is recommended). Do not wait until the day before to take your test. You cannot board your flight until you have provided your PCR test result to U SPORTS.

Each delegation member is responsible for securing and paying for their test on their own. Neither USPORTS nor the Organizing Committee will cover these costs nor coordinate the testing for you. Many private clinics and labs in Canada now provide PCR testing for travellers, please look this up for your location and book early to ensure you test within the proper timeframe. The cost varies by location but is typically between \$150-\$200 CAD.

The PCR test result documentation must contain the following pieces of information in order to be accepted:

- Last name, first name and date of birth
- Date and time of sample collection
- Test centre or institution where the test was performed
- Type of test (only PCR tests are accepted)

Once you have your test result, Team Canada mission staff on-site in Switzerland will be required to collect this from each delegation member to secure accreditations. Please print a copy of this test results and carry it with you to be provided to the Team Canada Mission Staff member who greets you upon arrival AND email it to Mary MacDonald, mmacdonald@usports.ca as soon as you receive it.

2. SWISS COVID CERTIFICATE

The Organizing Committee is requiring every delegation member to secure a Swiss COVID Certificate to participate in the Winter Universiade. This Swiss COVID Certificate will also allow access to indoor venues such restaurants, cultural and leisure facilities within Switzerland.



You must apply for a Swiss COVID Certificate here: <https://covidcertificate-form.admin.ch/foreign> .

Please note the following when applying:

- You will be charged 30 CHF to process the application. Please save your receipts as you will be reimbursed for these charges.
- As directed by the Organizing Committee, please use the following address when asked where you will spend your first night upon arrival:
 - Location of stay: Universität Luzern WU21
 - Address: Frohburgstrasse 3
 - Postcode: 6003
 - Locality: Lucerne
 - Canton: Lucerne
 - Country CH
- It will take between 2-5 days to receive your Swiss COVID Certificate. An email will be sent to you (in German) that will include a link to the PDF of your Swiss COVID Certificate. **You must email this PDF to USports (jblackburn@usports.ca) no later than November 14, 2021.** Without this, you will not be accredited for the Universiade.
- Download the “COVID Cert” app to have your Swiss COVID Certificate sent directly to your phone for use while in Switzerland.
- If you have any issues securing this, please notify USports immediately and ensure you have also submitted your Canadian proof of vaccination.

3. SWISS ENTRY INFORMATION

Swiss border security measures require that ANYONE TRAVELING TO SWITZERLAND complete the Swiss Entry Form, available here: <https://swissplf.admin.ch/formular> This must be completed to enter the country.

4. TRAVELING FROM CANADIAN AIRPORTS

As of October 31, 2021, all passengers travelling on domestic or international flights departing from most airports in Canada are required to be fully vaccinated. Please note, you must:

- Be prepared at any point in your journey to show your [official proof of vaccination](#) .
- Have received 2 doses of accepted vaccines or a mix of 2 accepted vaccines
- Have received your second dose at least 14 days prior to travel
- Have no signs or symptoms of COVID-19
- Wear a mask in the airport and for the duration of your flight, except for brief periods while eating, drinking, or taking oral medication

Read more information about this here: <https://travel.gc.ca/travel-covid/travel-restrictions/domestic-travel>



5. USPORTS COVID-19 WAIVER FORM

USPORTS will be requiring all delegation members to complete and sign a COVID-19 waiver form prior to departure for the Universiade. This will be sent separately.



SECTION B: REQUIREMENTS ON-SITE IN SWITZERLAND

1. MASK USAGE GUIDELINES

Always wear a mask while in a public locations, removing only to eat or drink. Switzerland has a mandatory mask policy in all public locations, see details below:

- Masks are required in all indoor public venues.
- Masks are not required outdoors but should worn be if a distance of 1.5m cannot be maintained.
- Masks are not required in your own hotel room with the door closed.
- Masks are not required in Universiade dining halls while eating or drinking.
- Masks are not required in restaurants while eating or drinking with proof of vaccination and photo ID.

Respect the rules and regulations of the Organizing Committee and local government. We are in their country as guests. We are also representing Canada on the world stage. Please remember to change your mask frequently if soiled (this often occurs if exposed to the cold).

You are responsible for bringing your own masks with you to Switzerland. Please ensure you have an adequate supply for the duration of your time there.

2. PROTECTING YOURSELF & OTHERS

Practice social distancing when possible. Ensure frequent hand washing/sanitizing.

3. SYMPTOMS & TESTING

Report any symptoms you are concerned about to Team Canada medical staff first and foremost. Please be honest!

You will be asked by Team Canada Medical staff to perform rapid antigen testing once per week while at the Universiade. U SPORTS will supply these rapid tests and our medical staff will assist with distributing and administering them.

There will be PCR testing centres at each venue, set up by the Organizing Committee – should you experience any COVID-19 symptoms, you should notify Team Canada Medical staff and go to the test centre by yourself. Following the test, you are to return to your hotel room to await your test result. If



you test positive, you will be transferred to a dedicated hotel room to be isolated (any costs associated with self-isolation following a positive test will be covered by the Organizing Committee).

Swiss cantonal physicians will determine who is deemed a close contact and if quarantine is required. At this time, in Switzerland, fully vaccinated individuals are unlikely to have to quarantine even if they are deemed a close contact of someone who tests positive.

Common COVID-19 symptoms include:

- Respiratory illness symptoms (sore throat, cough (usually dry), shortness of breath, chest pain)
- High temperature
- Sudden loss of sense of smell and/or taste

Other symptoms may include:

- Headache
- General weakness, feeling unwell
- Aching muscles
- Gastrointestinal symptoms (nausea, vomiting, diarrhoea, stomach ache)
- Head cold
- Skin rash

More specific COVID-19 testing protocols and outbreak management systems are being finalized by the Organizing Committee which will include exactly which symptoms listed above require testing. This will be shared at a later date.



SECTION C: REQUIREMENTS FOR RETURN TRAVEL TO CANADA

1. NEGATIVE PCR TEST

All travellers entering Canada must provide proof of a negative COVID-19 molecular test result. The Organizing Committee will assist with facilitating all testing of accredited delegation members prior to departure but the cost will be borne by each delegation member/team. Neither USPORTS nor the Organizing Committee will be covering the cost of testing. **Fees for PCR testing must be paid on-site in cash or credit in CHF. Approximate cost of testing is 160 CHF/person.**

The test must be conducted within 72 hours of the scheduled departure time of your last direct flight to Canada. The test can be any one of the following types of molecular tests (a rapid, antigen test is not one of them):

- PCR - Polymerase chain reaction
- Nucleic acid test (NAT) or Nucleic acid amplification test (NAATs)
- Reverse transcription loop-mediated isothermal amplification (RT-LAMP)

Your proof of negative test result must include the following – this can be in electronic or paper format:

- Traveller name and date of birth
- Name and civic address of the laboratory that administered the test
- Date the test was conducted
- Type of test conducted
- Test results

An alternative to using the standard PCR testing as facilitated by the Organizing Committee is a new “take with you” testing kit purchased in Canada prior to departure. This has been developed by Switch Health and can be purchased before you leave Canada, taken with you on your trip and self-administered prior to your return flight to Canada. This is Health Canada approved and is a more affordable option but is only available in limited quantities. More information is available here:

<https://www.aircanada.com/ca/en/aco/home/book/travel-news-and-updates/2020/covid-19.html#/covidTesting::switch-health>

2. ARRIVE CAN

You must use ArriveCAN (app or website) to enter your proof of vaccination and travel information up to 72 hours before your travel. If you do not provide the required information in ArriveCAN before arriving at the border you will not be considered as a fully vaccinated traveller and will be subject to other requirements.



Your [proof of vaccination](#) must be uploaded as a photo or PDF (no bigger than 2MB), may include a QR code and must include text with the following information outlined:

- Your name
- The name of the government or organization who administered the vaccine
- The brand name or any other information that identifies the vaccine administered
- The date(s) on which the vaccine(s) were given

You must also always have a copy on you (in paper or electronic format) of your proof of vaccination during your travels. To access ArriveCAN or get more information, please visit this website or download the app: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>

Once you submit your information through ArriveCAN, a receipt will be displayed and emailed to you. You can show this receipt from the app, a screenshot, your email, or a printout. It should indicate the letters I or V next to your name.

3. ARRIVAL TESTS

Upon entry into Canada, you may be randomly selected for a mandatory arrival test. This may be administered at the airport or you may receive a self-swab kit to complete within 24 hours of entering Canada. You do not need to wait for the test results and you can travel on to your final destination, including taking connecting flights. Please follow any instructions provided by border official should you be selected for an arrival test.

CONTACT INFORMATION

If you have any questions, please contact:

Dr. Janet McMordie

Chief Medical Officer, Team Canada

E janet.mcmordie@medportal.ca

Mary MacDonald

Deputy Head of Delegation, Team Canada

T 613-863-7914

E mmacdonald@usports.ca