



It should be noted that the following notes are valid as of **July 26, 2020**.

I. Border crossing

We divide competitors - foreigners into two groups:

1. Arriving to Poland from outside the EU - but crossing the external borders (Russia, Belarus, Ukraine)

A person crossing the border of the Republic of Poland in order to travel to his/her place of residence or stay on the territory of the Republic of Poland is obliged to:

1) give the information to the Border Guard officer,
about:

a) **address of the place of residence or stay, in which he/she will undergo compulsory quarantine** referred to in the regulations issued on the basis of art. 34 sec. 5 of the Act of December 5, 2008 on the Prevention and Control of Infections and Infectious Diseases in Humans,

b) **telephone number for direct contact with this person;**

2) **take a compulsory quarantine after crossing the state border** referred to in the regulations issued on the basis of art. 34 sec. 5 of the Act of December 5, 2008 on the Prevention and Control of Infections and Infectious Diseases in Humans, **lasting 14 days from the day following the crossing of the border, together with persons residing or keeping joint property**, with the proviso that the quarantine is completed 24 hours after a negative result of a diagnostic test for SARS-CoV-2 financed from public funds is placed by a medical diagnostic laboratory in the system referred to in sec. 3 point 1.

The above obligation does not apply to the citizens of the European Union Member States (including Poles), Member States of the European Free Trade Association (EFTA) - parties to the agreement on the European Economic Area or the Swiss Confederation and their spouses and children.

2. Arriving to Poland from the EU - crossing the border within the EU - no obligation to quarantine (Germany, the Czech Republic and Slovakia - as well as arriving by plane)

If the competitor arrives by plane

He/she will be required to complete traveller location card forms for health purposes.

II. Organization of the regattas



POLSKI
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KRS: 0000081118, NIP: 5211184399, REGON: 007014979

The other rules have not changed, i.e. no limit of competitors in the regatta but without the participation of the audience.

"in the open air outside sports facilities or in indoor sports facilities - without the participation of the audience"

In cases and at facilities

1) an entity authorised to provide access to the facility, the organiser of a sports event or sports activities (in the case of activities outside the facility and not related to the sports event):

- a) verifies the number of people participating in sports activities, sports event, using a sports facility or sports equipment,
- b) disinfects changing rooms and sanitary facilities,
- c) provides means to disinfect hands and sports equipment for the people participating in sports activities, sports event, or using a sports facility or sports equipment,
- d) disinfects devices and sports equipment after each use and for each group of users,
- e) provides 15-minute intervals between entering and leaving participants of sports activities, sports events or using a sports facility or sports equipment, or otherwise limits contact between these people;

2) persons participating in sports activities or sports events and using a sports facility or sports equipment are obliged to disinfect their hands when entering and leaving the facility, sports event or sports activities.