



# Commitment Form

The following is a list of guidelines that you are requested to strictly adhere to, because we must ensure your safety for a successful competition and a safe return home and

because the approval for this event has been granted by a special permission by the Government.

**Please check each checkbox and submit it to the LOC with your signature at**

✉ [infotkdsbih@gmail.com](mailto:infotkdsbih@gmail.com)

**You will not be able to participate in the competition in case you fail to follow these guidelines. Your cooperation is highly appreciated, not only to protect yourselves but also for the health of your friends and the people around you.**

## **PREVENTIVE MEASURES FOR COVID-19**

Negative PCR test before arrival is mandatory.

Wear a face mask covering both mouth & nose except during competition and training.

Maintain social distancing of at least 1.5 m with others except for unavoidable situations.

Sanitize your hands and fingers where disinfectant is available.

On the bus, each person must occupy seats that way to keep enough social distancing.

To control infection, all interviews with media will be at open air.

Use of the locker/shower rooms is not allowed.

Before entering the venue, your body temperature needs to be checked.

## **ACTIVITY RESTRICTION**

You must stay within your rooms in the hotel except for training, competition, and meals.

Access to the competition hall is granted only to athletes & coaches on their fighting day.

Access to spectators and guests is prohibited.

Access to grandstands is prohibited

## **EVENT**

In case the LOC asks you for your cooperation outside of the competition, please cooperate with them to make the event better.

During the event, please follow the instruction of the staff and help keep the competition running smoothly.

Team Name : \_\_\_\_\_

Print your name: \_\_\_\_\_ Signature: \_\_\_\_\_