



NECESSARY CONDITIONS FOR THE ORGANISATION OF CROSS COUNTRY CUP COMPETITIONS

1. Cross country riders (hereinafter referred to as "riders") when not exercising, anti-doping officers, competition and exercise organisers and service personnel would wear nasal and oral protective equipment (face masks, respirators or other devices) that fit snugly and completely cover the nose and mouth ("masks") throughout the event. The following individuals are allowed not to wear masks:
 - 1.1. persons with disabilities who, due to their state of health, are unable to wear masks or wearing thereof may endanger a person's state of health (it is recommended to wear a face shield);
 - 1.2. highly skilled sports and physical activity specialists, high-skilled sports and physical activity instructors and judges participating in the competitions and exercises.
2. Riders and other persons with acute signs of upper respiratory diseases (fever, cough, difficulty breathing, etc.) would not be admitted to the competition and exercise site;
3. Riders, other persons who show signs of upper respiratory illness (fever, cough, difficulty breathing, etc.) would immediately leave the competition and exercise site and would be advised to consult the Coronavirus Hotline by phone 1808 or contact their family doctor for advice;
4. Riders, other persons would be informed that having acute signs of upper respiratory illness (for example, fever, cough, difficulty breathing, etc.) would not go to the site of the competitions or exercises;
5. Upon receipt of information about rider or other person diagnosed with COVID-19 (coronavirus infection), would notify the National Centre for Public Health under the Ministry of Health (hereinafter referred to as the NCPH) and would cooperate with the NVSC in identifying exposed persons;
6. Used sports equipment and tools would be cleaned and disinfected;
7. Riders when they are not exercising) and other persons would be in groups of not more than 2 persons and would maintain a distance of at least 2 meters between persons or groups of persons.

To recommend:

1. high-performance sports and physical activity specialists, high-performance sports and physical activity instructors and judges participating in competitions and exercises to wear masks during all competitions;
2. athletes and other persons should avoid direct physical contact (where possible).

ON THE CONDITIONS OF ISOLATION OF FOREIGNERS AND TESTING FOR COVID-19 DISEASE (CORONAVIRUS INFECTION)

1. All foreigners returning or arriving to the Republic of Lithuania on regular, special and charter passenger transport routes (all modes of transport) must have a document (prepared in one of the official languages of the European Union) on the COVID-19 test performed for a person not earlier than 72 hours before returning to or arriving in the Republic of Lithuania and received a negative COVID-19 test response (serological antibody test response shall not be recognised). The requirements for the COVID-19 test when returning to or arriving in the Republic of Lithuania in the manner specified in this subsection shall not apply:
 - 1.1. persons holding a document from a personal health care institution confirming that the person has a history of COVID-19 (coronavirus infection) when the diagnosis was confirmed on the basis of a positive SARS-CoV-2 PCR test or antigen test and no more than 90 days have passed before returning / entering the Republic of Lithuania, or for persons holding a personal health care document, a country-specific vaccination certificate or an international vaccination certificate stating that the vaccination of a person with a vaccine registered in the Union Register of Medicinal Products as a vaccine against COVID-19 (coronavirus infection) under the

vaccination scheme has been completed (the documents referred to in this subparagraph must be in one of the official languages of the European Union);

- 1.2. for persons under 16 years of age;
2. All foreigners returning or arriving in the Republic of Lithuania in ways not specified in Paragraph 1 of this Decision must have a document (prepared in one of the official languages of the European Union) for a person not earlier than 72 hours (for persons specified in Sub-paragraph 1¹.1.6 of the Isolation Regulations - not earlier than 7 days) before returning to / arriving in the Republic of Lithuania COVID-19 test and received a negative COVID-19 test response (serological antibody test response is not recognised), or within 24 hours of arrival in the Republic of Lithuania must contact the Coronavirus Hotline telephone number 1808 or the COVID-19 test facility and register for the COVID-19 test and get tested at the appointed time. The requirements for the COVID-19 test when returning to or arriving in the Republic of Lithuania in the manner specified in this subsection shall not apply:
 - 2.1. for persons holding a document from a personal health care institution confirming that the person has a history of COVID-19 disease (coronavirus infection) when the diagnosis has been confirmed on the basis of a positive result of a SARS-CoV-2 PCR test or antigen test, and no more than 90 days elapsed from the positive result of the test before returning / arriving to the Republic of Lithuania (the ASPI certificate is not required if a person has been diagnosed with COVID-19 disease (coronavirus infection) in Lithuania and the data are provided in the Information System of Electronic Health Services and Cooperation Infrastructure (hereinafter - ESPBI IS), or for persons holding a document issued by a personal health care institution, a country-specific vaccination certificate or an international vaccination certificate, stating that vaccination of a person with a vaccine against COVID-19 (coronavirus infection) registered in the Union Register of Medicinal Products under the vaccination schedule has been completed (the documents referred to in this subparagraph must be drawn up in one of the official languages of the European Union);
 - 2.2. for persons under 16 years of age;
3. Isolation shall not be applied to high-mastery athletes, high-mastery sports specialists, high-mastery sports instructors, sports medical staff participating in international tournaments, for the organization of which separate international rules on the management of COVID-19 disease (coronavirus infection) have been established and approved;
4. Foreigners returning / arriving in the Republic of Lithuania must be registered on the NVSC website by filling in the form and providing the correct data. All participants in Cross Country Competitions must filling arrive form <https://keleiviams.nvsc.lt/en/form/passenger> or arrive form (annex 1)