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Dear Athletes, Coaches, Referees and Team Managers,



Following the steps taken by the Portuguese Government since January, because of the pandemic COVID-19 in Portugal, concerning people arriving to Portugal, by land or air, with their trips originated in the countries identified in resolution nº3358/2021 of 28th march (see list below), will have to comply with a mandatory quarantine, on arrival, for the period of 14 days, due to their Pandemic situation (and complying with recommendation of European Union 2020/912).

List of countries with mandatory quarantine:

1. Brazil
2. Bulgaria
3. Czech Republic
4. Cyprus
5. Croatia
6. Slovenia
7. Estonia
8. France
9. Hungary
10. Netherland
11. Poland
12. Sweden
13. South Africa

However, the Portuguese Government deliberated on April 1st 2021, by the Governmental Ministry Council, this quarantine will not apply to people competing or participating in International Sports Events, such as European Championships, World Championships and Olympic Qualifications. The Karate1 Premier League of Lisboa is included in this exception.

So, everyone from those countries arriving to Portugal to participate in such events shall carry a proof of registration of athletes, coaches, referees and officials given by the WKF platform – Sportdata. Any guest who has not been able to register on the event's Sportdata platform, such as Physiotherapists and Journalists, should be asked to WKF a proof of registration.

However, for nothing fails, we ask all participants to carry out this procedure, because FNK-P is not above the Portuguese authorities.

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The following rules should be observed for all participants:

- a) All persons travelling by air or road shall carry a negative PCR-Test up to 72 hours before their arrival to Portuguese border.
- b) All athletes and technical teams must sign a Code of Conduct/Term of Responsibility (to be signed on the registration), committing to comply with the measures taken to prevent and control SARS-CoV-2 infection, as well as the risk of contagion by SAR positive case in Pre-Competition Tests S-CoV-2 during sports practice, either in the context of training or in context of competitions.
- c) Positive cases in Pre-Competition Tests or in case of suspicious case must comply with Portuguese pandemic containment laws.
- d) We advise to follow the Portuguese requirements of hygiene and containment for COVID-19.

Please be aware that these rules and list of countries may change due to the evolution of the pandemic.

Carlos Silva

(President of FNK-P)