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# UIPM ISSUES RESTART GUIDELINES FOR NATIONAL FEDERATIONS AS COVID-19 RESTRICTIONS EASE



The Union Internationale de Pentathlon Moderne has released a manual to help National Federations to safely resume training as COVID-19 Coronavirus restrictions begin to ease.

With many countries now taking tentative steps towards a resumption of sporting activity, while enforcing varying degrees of social distancing, the UIPM Restart Guidelines are designed to inform, guide and assist the global Modern Pentathlon community in the gradual return to regular activities.

The UIPM competitions circuit remains suspended, and qualification for the rescheduled Tokyo 2020 Olympic Games in 2021 will resume in March when the UIPM 2021 Pentathlon World Cups take place in Sofia (BUL) and Budapest (HUN) before the Pentathlon World Cup Final in Seoul (KOR) and the UIPM 2021 Pentathlon and Laser Run World Championships in Minsk (BLR).

But many athletes, especially those aiming to take part in the Olympic Games, have been supported by local sporting authorities in their countries to resume training in some Pentathlon

disciplines after many weeks of home confinement.

The compilation of the Restart Guidelines was overseen by Dr Natalja Ofitserova, Chair of the UIPM Medical Commission, and the document contains medical advice along with practical training recommendations for coaches and athletes, as well as general information about COVID-19 and its impact on UIPM Sports.

UIPM President Dr Klaus Schormann said: "The UIPM Restart Guidelines are an excellent resource and I would recommend that all of our member National Federations, together with coaches and athletes, use the document to plan their activities in the coming weeks and months.

"We are now seeing athletes in some countries return to training in local sports facilities, and soon we will see some countries organising national and bilateral competitions where travel is permitted.

"The most important thing is to create an environment where this activity can be done with the safety and health of athletes guaranteed. That is why the UIPM Restart Guidelines are an essential part of the planning process for everyone who is resuming activity."

Dr Natalja Ofitserova, Chair of the UIPM Medical Commission, added: "The most important thing for all of us is to ensure the health of athletes and not to spread the COVID-19 disease any further. To ensure this, the UIPM strongly recommends that all NFs follow their local Government advice and World Health Organisation (WHO) guidelines.

"Modern Pentathlon, our sport, taught us to be strong and ready for various challenges, and to develop our best qualities. The personal responsibility of everyone for the implementation of hygiene standards and rules will help us to ensure the safety of joint activities, overcome temporary difficulties and achieve our goals in the next season."

- Download the UIPM Restart Guidelines
- Discover more resources and links relevant to COVID-19 and UIPM Sports

Picture by Dan Sheridan / INPHO