



Information for individuals traveling to Poland for the CS Warsaw Cup 2020

People traveling to Poland from EU Member States

- There are no restrictions on entry into Poland for persons crossing the internal border of the European Union (EU).
- People coming from other EU Member States are not subject to quarantine after entering Poland.

People traveling to Poland crossing the external EU border

- The external border of the EU is closed, however it may be crossed by individuals participating as a competitor, member of the coaching staff, doctor, physiotherapist or judges, in international sports competitions organized on the territory of the Republic of Poland (e.g. CS Warsaw Cup 2020).
- In this case competitors, members of the coaching staff, doctors, physiotherapists or judges **are not** subject to mandatory quarantine upon arrival in Poland.
- To enter Poland on the above terms is mandatory to present upon arrival to the Polish Border Guard a letter issued by PFSA confirming the international figure skating competition, its dates, place and nature of individual's participation. **Participants wishing to come to Poland for the CS Warsaw Cup 2020 while crossing the external EU border are requested to contact the Organizing Committee by e-mail at marketing@pfsa.com.pl.**

International air and rail traffic

- Currently international and domestic air traffic runs smoothly. However it's forbidden to fly to Poland from specific states. There is a regularly updated list of banned directions (currently there is about 30 countries on the list), the list of which can be found at <https://www.gov.pl/web/coronavirus/travel>.
- International rail traffic within the internal borders of the EU has been restored. However, the restrictions still apply to international rail travel outside the external borders of the EU.

Basic sanitary rules applicable in Poland

- The basic sanitary rules include:
 - obligation to keep a distance of at least 1.5 m between pedestrians,
 - obligation to cover the mouth and nose when it is impossible to keep a distance of at least 1.5 m in public transport and inside buildings, except in restaurants and bars.
- From 10/10/2020, Warsaw will be in a special "yellow" zone, which means, that the obligation to cover the mouth and nose will apply not only in buildings and closed places but also in all open public spaces. In the "yellow" zone, the number of spectators during sports competitions in the hall is limited to 25% of the facility's capacity.

Legal basis

- [Regulation of the Council of Ministers of August 7, 2020 on the establishment of certain restrictions, orders and bans in connection with an epidemic.](#)

Detailed and up-to-date information on the safety rules introduced in Poland regarding the coronavirus epidemic can be found at <https://www.gov.pl/web/coronavirus>.

The above summary of some coronavirus epidemic provisions applicable in Poland are for information purposes only and are valid as of 10/10/2020. The epidemic situation in Poland and in the world is changing dynamically, therefore the rules presented above may change. Please follow the information published on the above website.