

## AIS Sports Medicine – Medical Requirements For All New CoE or Camps ATHLETES

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For athletes attending the AIS for a camp or joining a Centre of Excellence (CoE) program, you will be required to complete medical processes before arriving. These are essential to ensure we can provide a COVID safe environment for you and others on site and keep the AIS a COVID-free environment in the lead up to the Tokyo 2021 Olympics and Paralympics.

*Please note: if you are unclear of any of the Medical Requirements please contact Dr Richard Saw (AIS Sports Medicine Lead Physician) at [richard.saw@ausport.gov.au](mailto:richard.saw@ausport.gov.au) or (02) 6214 1204.*

### Checklist (all to be completed prior to arrival):



- Register on AMS (if not done already)
- Complete AMS COVID-19 Screening every day from 14 days prior to arriving at the AIS, until your departure date
- Comply with the current restrictions for athletes coming from certain locations


**You will not be permitted to arrive on site unless these steps have been completed**

### What you need to do PRIOR to arriving at the AIS:

- Ensure you have access to the AMS, if you are not already registered:  
<https://rise.articulate.com/share/o0KH8kmt-DZMWeV9IVSSDAPkTa6ULucX/#/>
  - If you cannot remember if you have an account, please check with your team manager or sport contact.
- Once you have registered, advise your team manager. Your team manager will ask the AIS to arrange to have the COVID-19 Screening added to your AMS account.
- When advised it is available (approximately 14 days prior to your arrival date), complete the COVID-19 Screening on the AMS:  
<https://rise.articulate.com/share/CqYP0vy5IKIG36Wvjtsdf2KJhMHc2Llt#/lessons/lemSafi5087K6xx6YIoxA9koOWtlmLSc>
  - You are required to continue to complete the AMS COVID-19 Screening daily from 14 days prior to your arrival at the AIS, until your day of departure.
  - If you do not comply, you will not be permitted onsite at the AIS.

- If you already complete this AMS COVID-19 Screening through your NSO/NIN, then you just need to continue.
- An online meeting will be organised with your whole group before arriving at the AIS, to cover off and clarify some of these requirements.
- Wear a mask for plane or bus travel to Canberra.

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### **Restrictions to athletes coming from certain locations:**

- As of January 22, the following restrictions apply to athletes coming onsite at the AIS:
  - Anyone who has been in the **specified Local Government areas (LGAs) of Sydney** (currently Cumberland only) must not to come onsite for at least 14 days after you left the area. Note: this is an ACT Government requirement.
  - Anyone who has been in **any other LGAs of Greater Sydney, or the Central Coast or Wollongong** will only be allowed onsite IF:
    - You have NOT been at any of the specified [COVID19 case locations listed here](#) at the specified times.
    - You comply with 'stay at home' requirements for the 14 days before coming on site.
  - Anyone who have been in the **Greater Melbourne** in the past 14 days will only be allowed onsite IF:
    - You have NOT been at any of the specified [COVID19 public exposure sites](#) at the specified times.
    - You comply with 'stay at home' requirements for the 14 days before coming on site.
    - Note: the 'stay at home' requirements were previously being applied to all of Victoria but has been updated to Greater Melbourne only.
  - Anyone who have been in the **Greater Brisbane** in the past 14 days will only be allowed onsite IF:
    - You have NOT been at any of the specified [COVID19 public exposure sites](#) at the specified times.
    - You comply with 'stay at home' requirements for the 14 days before coming on site.
    - For people due to arrive from Brisbane in less than 14 days, we can assess your circumstances and risk individually.
- Note: these restrictions are subject to change, and it is your responsibility to ensure you comply with the most up to date restrictions.

### **'Stay at home' requirements: Greater Melbourne, Sydney (permitted LGAs), Central Coast, Wollongong, Greater Brisbane**

- For the 14-day period prior to arrival at the AIS, athletes from the designated areas (listed above) must only leave their home or accommodation one of the following reasons in order to meet the 'stay at home' requirements-
  - For training and exercise that is required as part of your sport.

- For essential supplies such as groceries or take-away food. Consider grocery home delivery to reduce your potential exposure.  
Note: Restaurant dining, attending bars/clubs, or other crowded venues are **not** permitted.
- Attend work or studies, where this cannot be completed at home. Note- those who work in a high-risk setting may have additional restrictions for coming on site at the AIS.
- For medical appointments (including with doctors, physiotherapists and other allied health practitioners)
- For certain other essential or compassionate reasons. Examples of essential reasons may include but is not limited to-
  - Providing care of welfare support for others
  - Taking a pet to a veterinary clinic
  - For those that are a parent or guardian of a child, transporting the child to/from school, childcare or other essential locations
  - For personal health or welfare reasons, or any other emergency purposes

Examples that are NOT included:

- Purely social outings
- Private transport should be used wherever possible. However, if public transport must be used, a face mask must be worn at all times with regular use of hand sanitiser.

It is noted that specific scenarios that sit outside of this description may need to be discussed and exception granted where appropriate. We encourage athletes to apply common sense. Please contact AIS Sports Medicine if unsure.

Do not travel to Canberra / the AIS if you are unwell. If you develop new symptoms, or get notified you have been in contact with a COVID-19 case, inform AIS Sports Medicine:

- *Ph (02 6214 1253) during business hours*
- *Ph- (0417 332 589) afterhours*

#### **What you need to do while at the AIS:**

- You must notify AIS Sports Medicine if you are unwell with any of the following symptoms (even if mild):
  - Fever / chills / aches
  - Cough
  - Sore Throat
  - Difficulty breathing/shortness of breath

- Other respiratory symptoms (runny nose, sneezing, change in sense of smell or taste)
- If you have any of these symptoms:
  - Remove yourself from wherever you are and return to your room/home to self-isolate
  - Inform AIS Sports Medicine:
    - *Ph (02 6214 1253) during business hours*
    - *Ph- (0417 332 589) afterhours*
- Continue to complete your daily AMS COVID-19 Screening every day.
  - This must be completed daily, before your first training session for the day.
    - Login to the AMS
    - Select "Add Data"
    - Select "COVID-19 Screening" from your list of forms
    - Complete and save
    - If you have any issues with your AMS account, contact [ams@ausport.gov.au](mailto:ams@ausport.gov.au)

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