



COVID-19 RETURN TO SPORT GUIDELINES

These guidelines are applicable to the return to sport for artistic swimming athletes, coaches, volunteers and personnel (hereafter all referred to as 'participants'). These guidelines will be revised in line with Australian Institute of Sport and Sport Australia recommendations, and National, State and Local Department of Health guidelines.

Document Created: 1 June 2020.

Last Update: 28 October 2020

Individuals should not return to sport if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19. Any individual with respiratory symptoms (even if mild) should be considered a potential case and must immediately self-isolate, have COVID-19 excluded, be medically cleared by a doctor to return to the training environment, and refer to point 3b of this document: Management of Illness – Confirmed Case of COVID-19 and Subsequent Return to Training.

1. PRIOR TO THE RE-COMMENCEMENT OF TRAINING

a. Health Check and COVID-19 Awareness

- A 'COVID-19 Return to Sport Health Check' is available for use by all participants at [COVID-19 Return to Sport Health Check](#)
- Before returning to training, participants are encouraged to complete the COVID-19 Infection Control Training [COVID Safe Sport Training](#)

b. Health, Hygiene and COVID-19

Additional COVID-19 hygiene information and resources can be found at:

- [Good Hygiene for Coronavirus](#)
- [Hand washing guidelines](#)
- [Keep that Cough Under Cover](#)
- [Coronavirus Resources](#)
- [Isolation for Coronavirus](#)
- [Advice for People at Risk of Coronavirus](#)
- [ASAI COVID-19 Return to Sport Resources](#)

c. Partnering with Pools

Each training venue will be completing their own risk assessment and it is intended that the ASAI guidelines be used by all participants in their return to the pool in accordance with the terms, conditions and policies provided by each venue.

UPDATE 9 July 2020

As of 10th July 2020, all Australian States and Territories (except Victoria) can return to full training under the AIS Level C guidelines which state that:

- Full sporting activity can be conducted in groups of any size including full contact (competition, tournaments, matches).
- For larger team sports, consider maintaining small group separation at training.
- For some athletes, full training will be restricted by commercial operation of facilities and access to international travel.
- Return to full use of training facilities.
- Continue hygiene and cleaning measures as per Level B (outlined below in the 'get in, train, get out' strategy).
- Limit unnecessary social gatherings.
- Full manual therapy services can be conducted. Non-essential athletes and other personnel should continue to avoid treatment areas. Enhanced hygiene measures and social distancing should be maintained.

From 10th July 2020:

- Health monitoring should continue as outlined in point 2a.
- Level B health, hygiene and social distancing measures outlined in point 2b 'Get in, train, get out' strategy should be maintained where possible.
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UPDATE 28 October 2020

The Victorian government has today outlined eased restrictions for sport and recreation including:

Metropolitan Melbourne

Outdoor swimming pools (including swimming lessons):

- Limited to the density quotient of the pool itself or 50 people per pool, whichever is smaller, other than for the following exceptions:
- Exclusive use by a single school at any one time for education purposes
- Exclusive use for community sport

Regional Victoria

Outdoor swimming pools: Limited to the density quotient (1 person per four-square metres) of the pool itself or 50 patrons per pool, whichever is smaller, other than for the following exceptions:

- Exclusive use by a single school at any one time for education purposes
- Exclusive use for community sport

Indoor pools (including swimming classes):

- Open to all ages and subject to pool maximum of 20 patrons or density quotient (1 person per four-square metres).
- Open for one-on-one hydrotherapy sessions with a health professional where clinically indicated. No group sessions.

Please consult the following Victorian government website for additional detail and information on sport and recreation restrictions outside of pools.

<https://sport.vic.gov.au/news/articles/Victorias-roadmap-for-sport-and-recreation-the-next-step>

2.RETURN TO TRAINING

a. Health Monitoring of Participants.

- No-one is to attend the training venue if they are feeling unwell, particularly with any of the following symptoms, even if only mild:
 - Cough
 - Sore throat
 - Fever (e.g. night sweats or chills)
 - Shortness of breath or other respiratory issues
 - Other cold or flu-like symptoms

Anyone experiencing these symptoms should contact their doctor or the National Coronavirus Information and Triage Line – 1800 020 080.

- A participant with a possible respiratory tract infection should refrain from training (even at home) until they have been cleared to do so by a doctor, given the potential for worsening illness.
- Some venues are making contactless thermometers available. All participants should, where possible, and while observing good hygiene habits, test their temperature upon arrival at the venue. Any participant with a temperature above 38 Degrees Celsius will not be eligible to train and will be required to consult a doctor.
- If a participant becomes unwell with COVID-19 symptoms while at the training venue, the participant should be isolated in a safe area and the National Coronavirus Triage Line 1800 020 080 called for advice on how to proceed.

b. 'Get In, Train, Get Out' Strategy

The proposed criteria for return to training will align with Level B sporting activities from the AIS Framework for Rebooting Sport in a COVID-19 Environment. All participants will work under the 'Get In, Train, Get Out' strategy as follows:

- Thorough full body shower with soap before training (preferably at home).
- Participants should not carpool to training with any person/s other than those who reside at the same residence.
- Be prepared for training prior to arrival at the venue (minimise use of and gathering in change rooms/bathrooms)
- It should be expected that bathrooms and other such communal facilities at venues will not be available.
- Personal belongings such as training bags should be placed at least 2 metres apart.
- Sanitise hands with alcohol-based solution directly before commencing training. It is expected that participants should carry their own sanitiser for personal use. Sanitisers may be supplied in some but not all venues.
- Touching surfaces at the training venue should be avoided where possible (eg. benches, handrails).
- Personal items (drink bottles, towels etc) other than your own, should not be touched.

- Venue and State Department of Health guidelines should be consulted to determine whether personal swim gear (eg. kickboards, pull buoys, inflatable bottles etc) can be stored at the venue or should be removed from the venue between training sessions.
- Total numbers of participants at the venue or pool at one time should be capped in accordance with the relevant State Department of Health and venue guidelines.
- Parents/caregivers may attend if they are required in supervisory or other supporting roles.
- No spectators.
- Where possible, maintain a distance of at least 1.5m from other participants both in and out of the water.
- Warm-ups, cool-downs, dryland training, gym work and weights training should be conducted according to venue protocols. Where possible, participants should use their own equipment and all equipment should be disinfected before and after each use, and at the beginning and end of the session.
- Where possible, training should be limited to non-contact skills training, swimming in own lane, in-pool solo technical drills or group technical drills without physical contact. No lifting or holding. Accidental contact may occur but no deliberate body contact. Consult your State guidelines regularly as restrictions begin to be eased and updated.
- If poolside chairs must be used, they should be disinfected afterwards.
- No group meals, team meetings or unnecessary intermingling.
- High standards of hygiene should be maintained at all times. Coughing and sneezing should be into a bent elbow or tissue which should be disposed of immediately in a bin, and hands and bent elbow sanitised.
- Sanitise hands with alcohol-based solution upon exit from the venue.
- Thorough full body shower with soap after training (preferably at home).
- No congregating at the venue before, during or after training. Any tasks that can be done at home, should be done at home (e.g. online team meetings, recovery sessions).

3.ONGOING CONSIDERATIONS AND MANAGEMENT

a. Management of Illness – Suspected Case of COVID-19

Any individual with respiratory symptoms (cough, sore throat, fever or shortness of breath), even if mild, should be considered a possible case of COVID-19. Anyone who is unwell should be referred to a doctor in accordance with local Public Health Authority guidelines. An athlete with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor, given the potential for worsening illness.

In Australia, currently most respiratory tract infections will be tested for COVID-19. If an individual is being tested for COVID-19, they must immediately self-isolate and discontinue training until COVID-19 has been excluded and they have been medically cleared by a doctor to return to the training environment.

Isolation of close contacts will be a decision for medical staff, based on case specific details. Definition of close contacts:

- “Face-to-face contact in any setting with a confirmed or probable case, for greater than 15 minutes cumulative over the course of a week, in the period extending from 48 hours before onset of symptoms in the confirmed or probable case, or
- Sharing of a closed space with a confirmed or probable case for a prolonged period (e.g. more than 2 hours) in the period extending from 48 hours before onset of symptoms in the confirmed or probable case.
- Contact is considered to have occurred within the period extending 48 hours before onset of symptoms in the patient, until the patient is classified as no longer infectious by the treating team (usually 24 hours after the resolution of symptoms)”.

b. Management of Illness – Confirmed Case of COVID-19 and Subsequent Return to Training

Management of a confirmed case of COVID-19 should align with State Public Health Guidelines.

There are two separate points to consider for participants who have been infected with COVID-19, prior to returning to sport:

- Ensure they no longer pose any infection risk to their community and
- Ensure they have sufficiently recovered to safely participate in exercise (specifically for athletes and other personnel undertaking physical roles).

In both instances, clearance from their doctor is required. Athletes and other personnel who have recovered from COVID-19 must satisfy the Communicable Disease Network of Australia (CDNA) criteria to ensure they are no longer infectious.

While there is increasing research on the multi-organ nature of COVID-19 in the acute phase, there is currently limited research on medium to long-term complications. Long-term decreased exercise capacity has been noted following previous coronavirus infections (SARS and MERS). Participants with physical roles may be at increased risk of health complications after COVID-19 and warrant multidisciplinary specialist medical assessment before resuming high exertion activities. Participants must consult a doctor for a full medical review. An outline of the recommended assessment process following a COVID-19 case is illustrated on page 18 of the [AIS Framework for Rebooting Sport](#)

Sudden increase in training load can predispose to injury and a graded return will be prepared and managed by coaches in consultation with the athlete and the athlete's medical team.

4.STATE/TERRITORY SPECIFIC GUIDELINES

Please refer to the following websites for more COVID-19 public health updates and guidelines for each State/Territory.

- [ACT Public Health Directions](#)
- [NSW Public Health Orders](#)
- [Northern Territory Public Health Officer Directions](#)
- [Queensland Public Health Directions](#)
- [South Australia Health Directions](#)
- [Tasmania COVID-19 Resources](#)
- [Victoria Health Directions](#)
- [Western Australia COVID-19 Directions](#)