



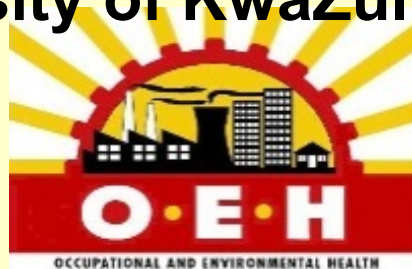
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Preparing for the Return to Swim

Management and screening of athletes and other personnel on the pooldeck

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Introduction

- The COVID-19 epidemic drives new ways of thinking of competitive sport (as with other aspects of living)
- An integrated approach to training and competition (and their associated components) is now a necessity
- An assessment of risk of the training facility, the individual athlete and other associated people is needed

Legal Framework

- Under the existing regulations, congregate activities, including organized training is not permitted
- Facilities remain closed under Level 3
- However, professional athletes may re-commence training (draft Level 3)
- The “professional swimming industry” seems only likely to be “unlocked” in Level 2 (as per current draft)
- In the event of the unlocking of the “industry” legislation as far as applicable to “workplaces” will need to be met – not the focus of this presentation

Health Concerns

- Developing a COVID-19 infection
 - Risk factors for developing an infection
- Developing a serious outcome of such an infection
 - Risk factors for developing serious outcomes
- Managing a post-COVID-19 athlete

An integrated approach

- People:
 - Coaches
 - Athletes
 - Pool attendants and cleaners
 - Parents
- Training Facilities
- Training Logistics

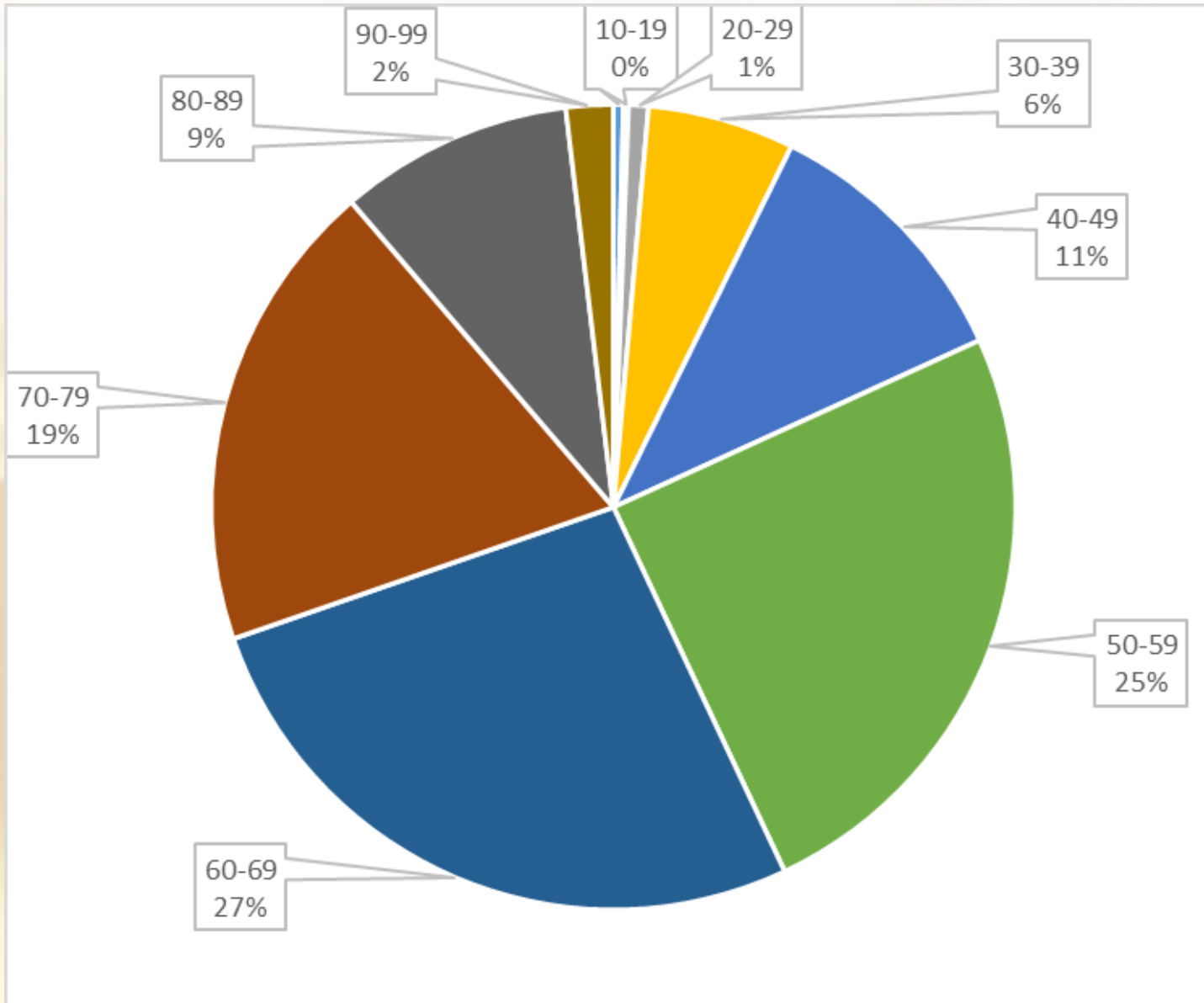
The COVID-19 Infection

- A mild infection (81%)
 - fever (35.0%),
 - dry or productive cough (16.0%),
 - sore throat (9.1%),
 - general weakness (5.3%) and
 - pain (3.5%).
- Severe disease (14%)
- Serious to life-threatening/death (5%)
- Post acute phase – the “Cytokine Storm”

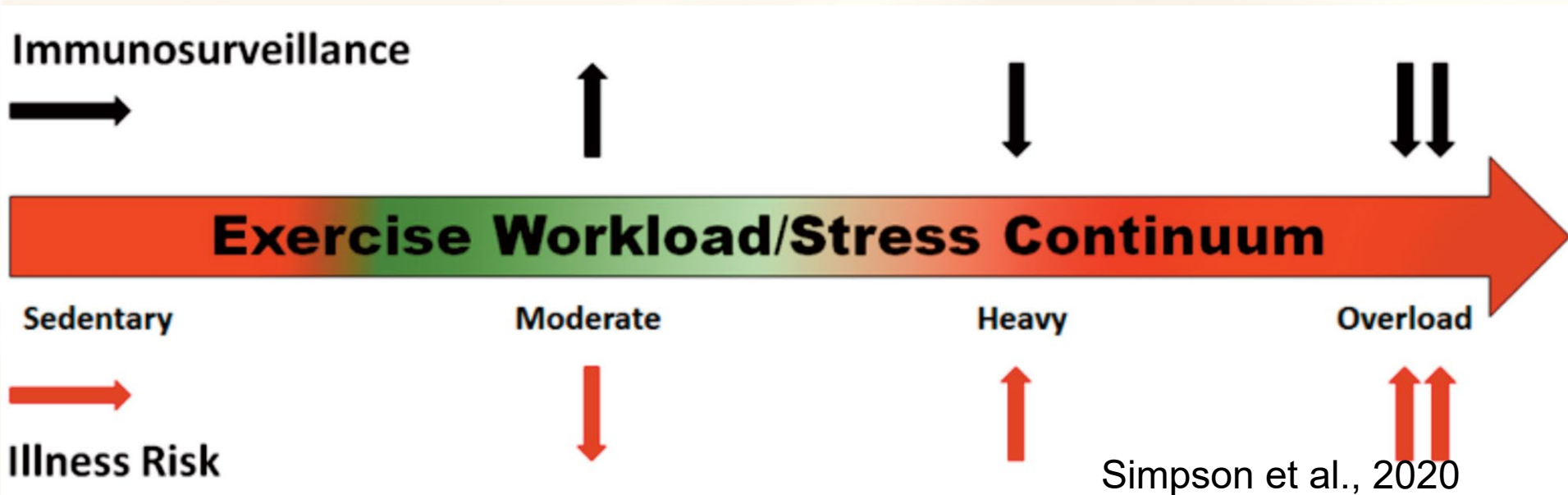
The Age Factor



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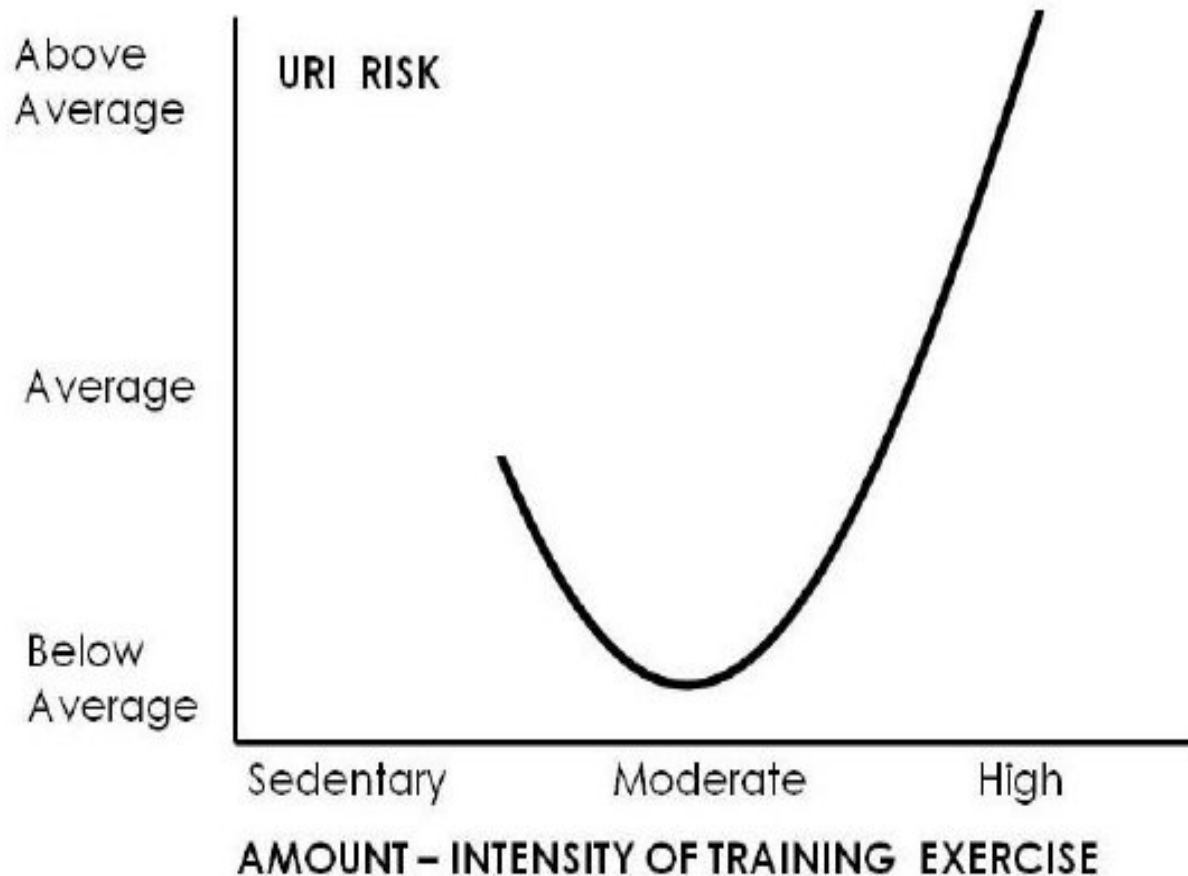


Training and Infection

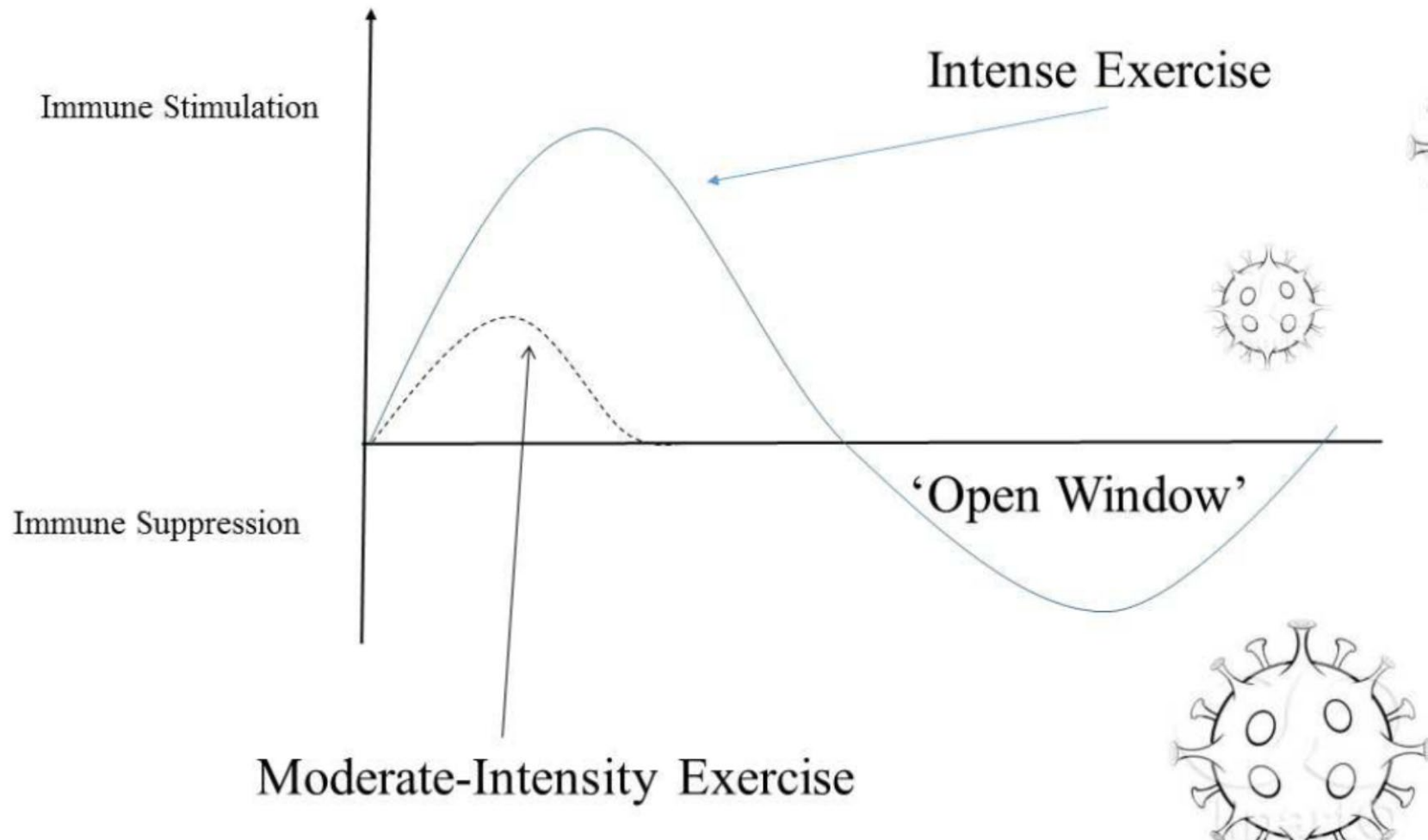


- Sudden increase in workload
- Workload intensity

J - Curve Response



Hackney, 2013



- Rahmati-Ahmadabad et al., 2020
- Elite athletes can continue with high-intensity training provided no sudden increase in training load



The vulnerable athlete/person

- 60 years and older
- Severe obesity (body mass index [BMI] of 40 or higher)
- Immunocompromised as a result of cancer treatment, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, prolonged use of corticosteroids and other immune weakening medications
- >28 weeks pregnant (and especially with any of co-morbidities listed above)

Other risk factors – Training Logistics

- Travel to the pool
- Exposure to air pollution
- Socio-economic factors
- Nutrition
- Etc



The vulnerable athlete/person

- One or more of the underlying commonly encountered *chronic medical conditions* (of any age) particularly if not well controlled:
 - chronic lung disease:
 - diabetes (poorly controlled) or with late complications
 - moderate/severe hypertension (poorly controlled) or with target organ damage
 - serious heart conditions: heart failure, coronary artery disease, cardiomyopathies, pulmonary hypertension; congenital heart disease
 - chronic kidney disease being treated with dialysis
 - chronic liver disease including cirrhosis

Screening

- Why screen?
- Screening tools
 - Symptom screen
 - Temperature screen
- When to screen?
- Screen positive – what then?

Why Screen?

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and Press
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Vote Trigger

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A Screening Tool

- <https://covid-19.mobenzi.com/designer/#/collect/?formAccessKey=workplace-medical-passport>

Workplace Medical Passport

Key Symptoms

In the past 24 hours, did you have any of the following symptoms?

***Cough**

- ☐ Yes
- ☐ No

***Loss of smell or loss of taste**

- ☐ Yes
- ☐ No

***Sore Throat**

- ☐ Yes
- ☐ No

***Shortness of breath**

- ☐ Yes
- ☐ No

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General Symptoms

In the past 24 hours, have you had any of these symptoms?

*Body aches

- ☐ Yes
☐ No

*Fever or Chills

- ☐ Yes
☐ No

*Redness of the eyes

- ☐ Yes
☐ No

*Nausea, vomiting or diarrhoea

- ☐ Yes
☐ No

*Feeling of tiredness or weakness

- ☐ Yes
☐ No

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Please show this yellow caution flag to the responsible person at the gate indicating that you SCREENED POSSIBLY POSITIVE, collect a mask, do NOT proceed to your workstation. Report to your workplace clinic, family doctor or community clinic for further assessment.



Please show this green icon to the responsible person at the gate. You are cleared to proceed to your work station. Please follow all guidelines on social distancing, hand sanitising and cough hygiene. Should you feel as if you need to retake this assessment during the day, then please do so.

Management of Screening

- Preferably done at home
- Do not come to training facility
- Revert to health professional
- If meet the criteria for testing > TEST
- If not meeting criteria > quarantine
- Quarantine until result available
- Isolate if positive
- Monitor symptoms if negative



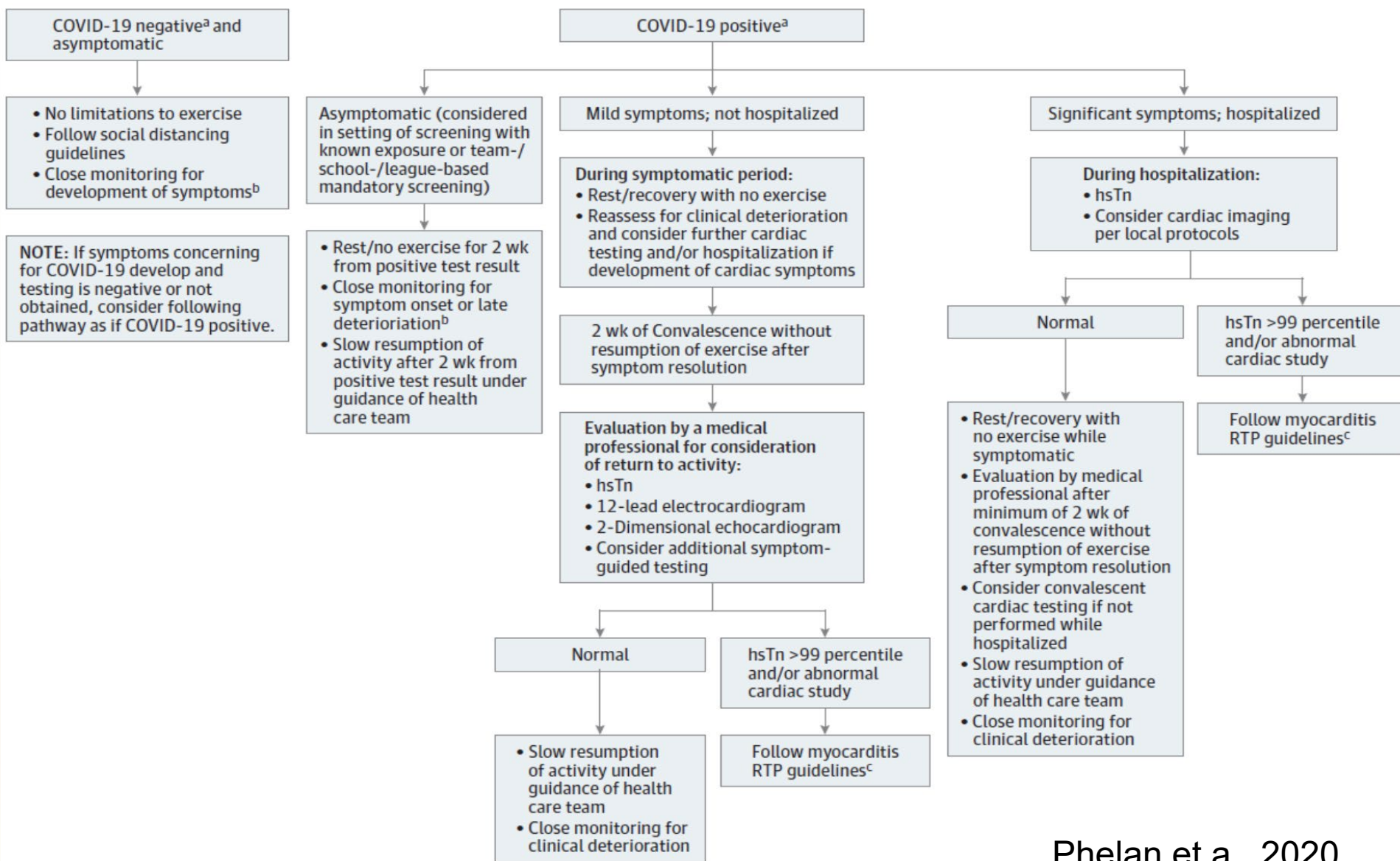
Outbreak at Facility

- What happens if potential exposure to a positive case occurs?
 - What is exposure?
 - Contact with a contact?
 - Contact with a positive case?
- Conduct a “risk assessment”
 - Identify those with high risk of exposure to case
 - Decide on quarantine based on exposure
 - Decide on decontamination of facility/sections
 - Determine whether programme and facility needs to be closed

Managing a post-COVID-19 athlete

- Mild
- Moderate
- Severe

Figure. COVID-19 Return-to-Play Algorithm for Competitive Athlete and Highly Active People



Phelan et a., 2020

COVID-19 indicates coronavirus disease 2019; hsTn, high-sensitivity troponin I; RTP, return to play.

^a Typical testing obtained via a nasopharyngeal swab. All athletes with positive testing should be isolated for 2 weeks regardless of symptoms.

^b If clinical and/or cardiac symptoms develop, follow appropriate clinical pathway.

^c Given lack of clean pathophysiology, we recommend American College of Cardiology/American Heart Association athlete myocarditis guidelines.

Conclusion

- An integrated approach to programme is required
- Identification of vulnerable people for serious disease
- Recognition of influence of training on infection
- A careful screening process prior to every training session
- A decision on those who screen positive
- A well defined approach to addressing outbreak at programme
- A clear management of a post-COVID-19 return to programme

Thank you!

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