

ATHLETE HEALTH & SAFETY



Athlete health and safety remains our most important priority. It is imperative that clubs are cautious when considering a re-commencement of operations. We do not want an outbreak of COVID-19 in any gymnastics club.

In an environment of community transmission of COVID-19, any individual with respiratory symptoms should be considered a possible case of COVID-19. Clubs must have a clear protocol for managing an unwell athlete or staff member as a potential COVID-19 case until COVID-19 has been excluded and they have been medically cleared by a doctor to return to the club. All athletes and staff must be made aware not to attend the club if they are unwell with any of the following symptoms, even if these symptoms are mild:

- Cough
- Sore throat
- Fever (e.g. night sweats or chills)
- Shortness of breath

Clubs should refer to local State/Territory guidelines on the assessment process for a possible case. A doctor must make decisions about investigations, treatment, and management. Unwell athletes or staff must always call ahead before attending for assessment. Importantly, an athlete 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. Successful implementation of the management plan includes effective communication to ensure athletes and staff understand the importance and implications.

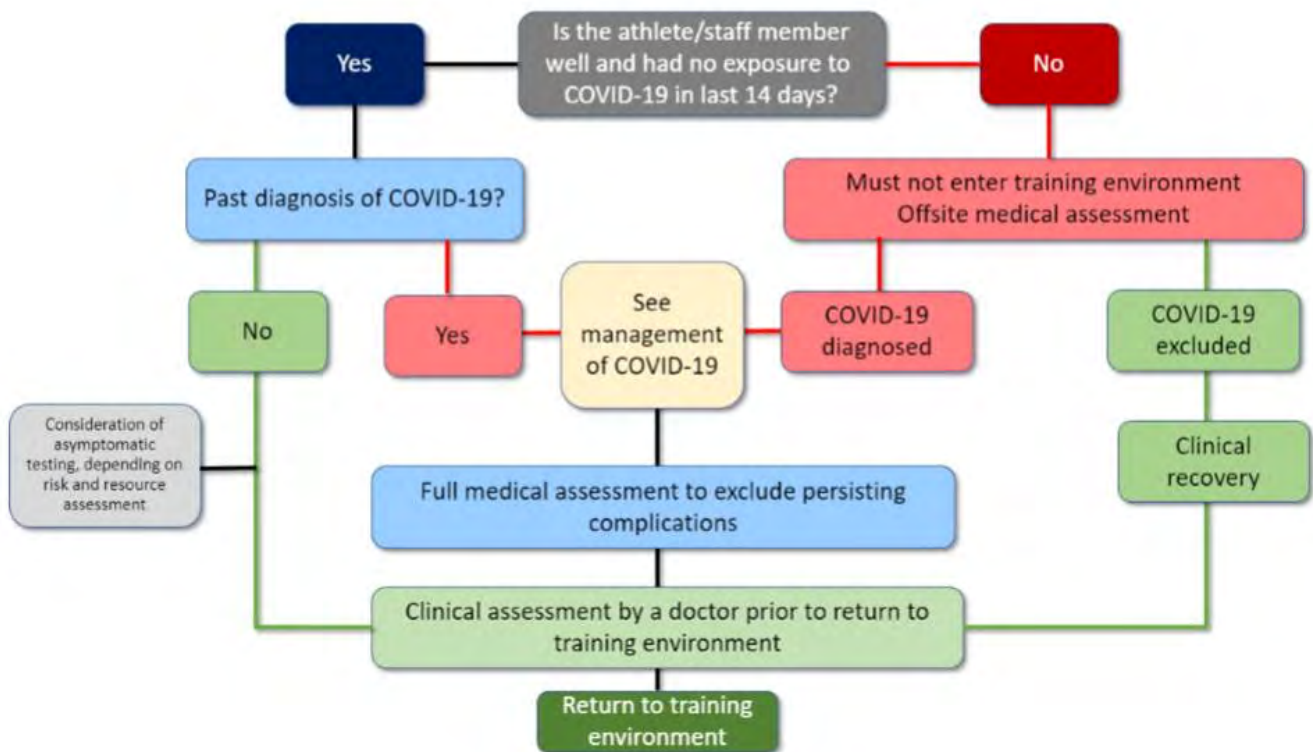
Return to Work or Training

An athlete or staff member must not join the training environment if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19. Clubs must be proactive and ensure all athletes/staff have been medically cleared prior to return to the training environment (see figure below).

Clearance and management procedures for those affected by COVID-19 must always comply and be aligned with the advice of Federal, State/Territory and/or Local Public Health Authorities. Any special arrangements for deviation from standard clearance and management procedures must be prospectively agreed to by relevant Federal, State/Territory and/or Local Public Health Authorities.

The recommended process for medical clearance of athletes and staff (see next page):

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Athletes/staff Returning to Sport After COVID-19 Infection

There will be athletes or staff who have been infected with COVID-19 wanting to return to the sport environment. Some individuals may have been infected and not be aware. Athletes and staff who have recovered from COVID-19 must satisfy the Communicable Disease Network of Australia (CDNA) criteria.

Return to Work or Training — Summary

The following guidelines should be adhered to by athletes and staff

Returning to work after contact with a suspected case, the individual must:

- Self-quarantine for 14 days (unless cleared by negative swab test)
- Have no symptoms for 72 hours
- Contact a doctor prior to attending workplace/training facility (telehealth)
- If any symptoms develop, then criteria (3) must be satisfied

Returning to work after contact with a confirmed active case, the individual must:

- Self-quarantine for 14 days (REGARDLESS OF negative swab test)
- Have regular contact with a doctor (telehealth) during this period, and prior to attending workplace/training facility
- If any symptoms develop, then criteria (3) must be satisfied

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Returning to work after a respiratory illness (whether or not team member has been tested for COVID-19), the individual must:

- Allow at least 10 days to pass from the start of the illness
- Have no symptoms for 72 hours
- Have clearance by a doctor (this may include in-person assessment and swab test)

Ongoing Management

Once training has resumed, it is important that a structured monitoring process is in place to ensure early detection of illness within the training group.

Monitoring of Athletes and Staff

Athletes/staff should be educated regarding early reporting of respiratory symptoms.

- For sports utilising daily wellness monitoring, adding a respiratory symptoms checklist, with automated follow up of reported symptoms, should be considered.

If medical resources are available, regular screening (brief symptom check, resting heart rate and temperature) of athletes should be considered.

Managing a Suspected COVID-19 Case

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 training
- 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 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 from 48 hours before onset of symptoms

Managing a Confirmed COVID-19 Case

COVID-19 is a notifiable disease and local public health authorities must be informed. Clubs may be closed on the instruction of the local Public Health Authority or the CMO. Re-opening of the club should only occur after close consultation with the local Public Health Authority.

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Key Tips

1. If an athlete or staff member has a cough, sore throat, fever or shortness of breath, they are not permitted in the club and must be tested for COVID-19 and cleared before returning to the club.
2. Athletes and staff members are not permitted in the club if they have been in contact with someone who has or suspects they have COVID-19. They need to get tested and cleared before returning to the club.
3. If an athlete or staff member is being tested for COVID-19, they must self-isolate until they have received the results. Their GP may also ask close contacts to also self-isolate.
4. If an athlete or staff member has tested positive for COVID-19 satisfy the Communicable Disease Network of Australia (CDNA) criteria prior to entering the facility.
5. If an athlete or staff member who has been in the facility has tested positive for COVID-19, the club must notify the local Public Health Authority and follow their instructions which may include closing the facility.
6. Athletes and staff should be monitored each time they come to the club. This may include monitoring temperature and/or resting heart rate.
7. Vulnerable groups (such as the elderly, those with compromised immune systems or chronic health conditions) should consider not attending programs and classes.

Gymnastics Australia recommends that all its members download the Australian Government COVID-19 contact tracing app ([COVIDSafe](#)).

This information is provided in accordance with the Australian Institute of Sport Framework for Rebooting Sport in a COVID-19 Environment and the National Principles for Sport and Recreational Activities (www.ais.gov.au).

Any specific State/Territory government guidelines and regulations must be adhered to **in the first instance**. State and Territory Gymnastics Associations will provide clubs with further detail and specific guidance around specific state/territory government guidelines and regulations.