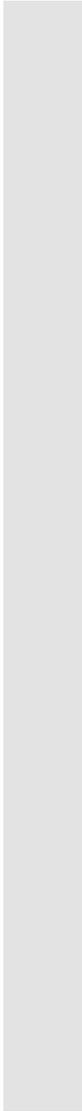




Return to training General Recommendations Post-COVID19

May 2020

UANA Sports Medicine commission



This document is not intended to replace neither WHO or your local health authorities recommendations.

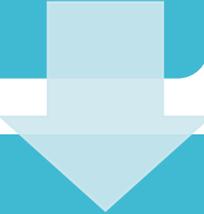
The purpose of this document is to provide general considerations to Aquatics sports

Summary

1. General orientations.
2. Return to training considerations
3. Swimming pool instructions
4. Aquatics info resources
5. Medical evaluation criteria
6. Conclusions

What's COVID-19?

It's an infectious disease caused by a novel CORONAVIRUS first detected in humans in December 2019.



The virus technical name is SARS-COV-2 . It can cause dry cough, fever and shortness of breath.



COrona**VI**rus **D**isease **19** is the pathology caused by the virus and it has different degrees of severity.

How can I get
the virus?



Droplets

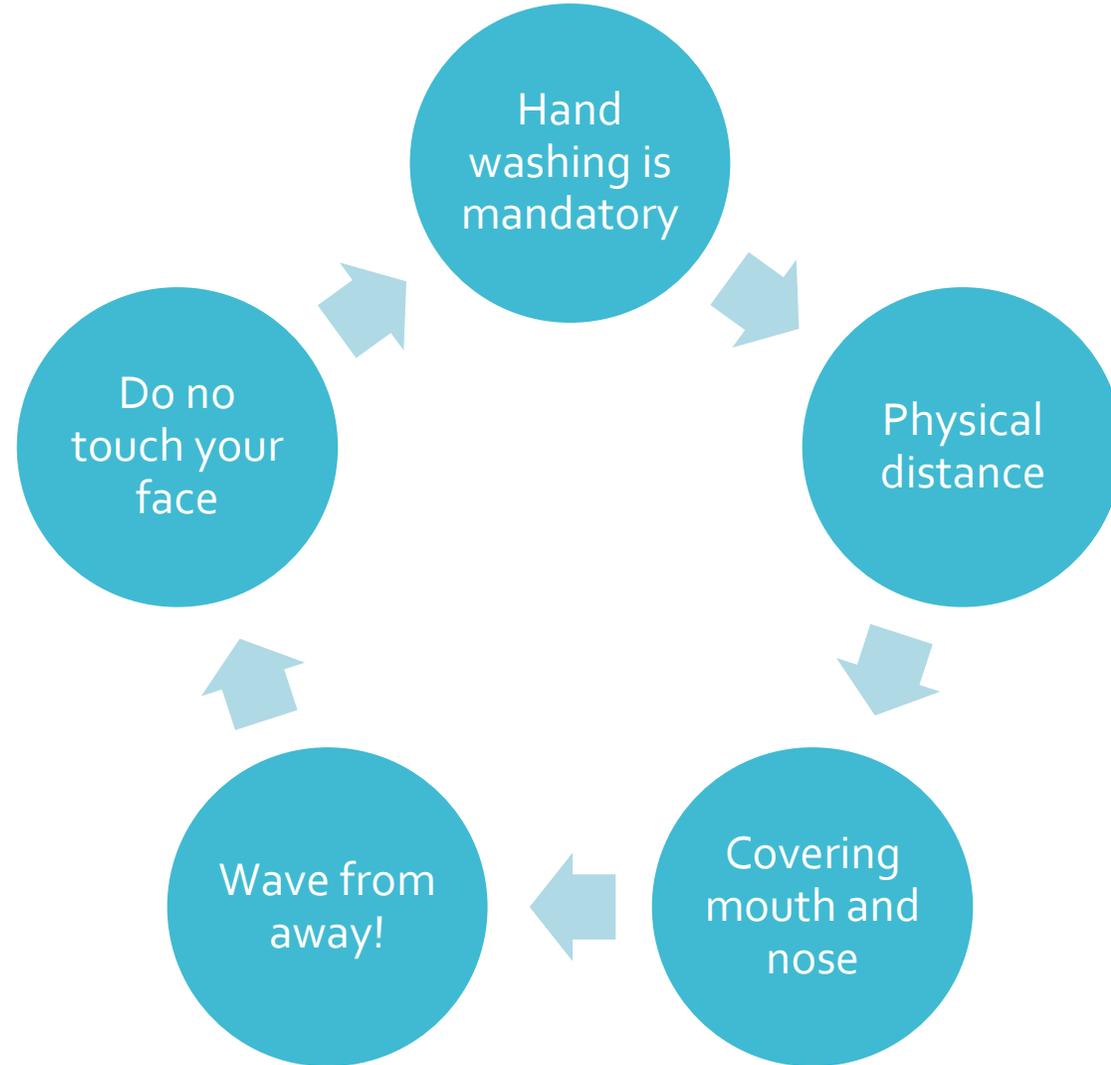


Contaminated
surfaces



Sewage water,
feces

General orientations



Handwashing Recommendation #1:

A. Promote handwashing among your affiliates.

B. Post this banner in a visible place in restrooms to be used as a guide.

C. Place alcohol-based gel dispensers for all public and staff of aquatic centers.

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

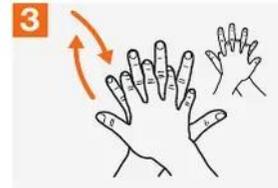
 Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces;



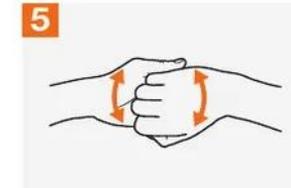
Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



World Health
Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES

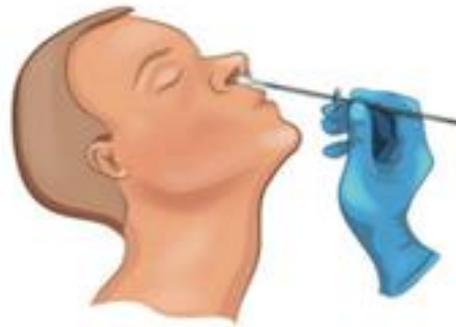
Clean Your Hands

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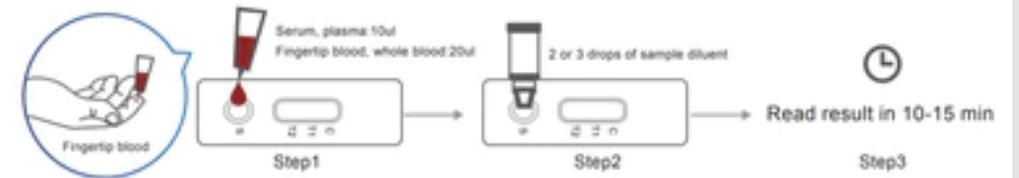
May 2009

Pre-participation screening
Recommendation #2:
If available, consider performing PCR or IGG / IGM tests on athletes and staff before training periods and periodically as needed.

PCR



Rapid test (IGG, IGM)



Attention: Lack of solid evidence on the risk of reinfection and immunity status after COVID-19 suggest that this measure should be performed with your medical team and local health authorities strict supervision.

Report SYMPTOMS immediately, in order to have medical follow-up as soon as possible and also prevent infection from other athletes.

Preventive isolation periods (14 days), pre-participation tests or training are options to consider.

Recommendation # 3:

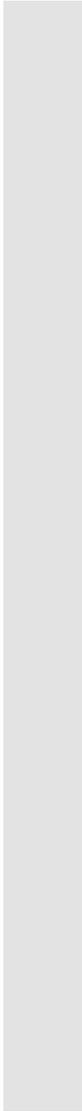
A. Promote the notification of symptoms or contacts with people with positive results to COVID-19 among its affiliates, allowing the identification of cases and isolation to contain infections.

B. This should not serve to stigmatize athletes.



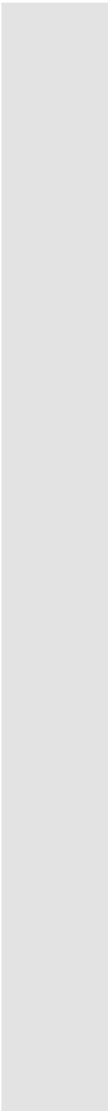
Return to training considerations

Swimming pools and Open water



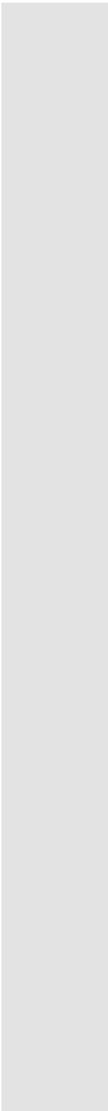


Situation of each country and mandates of local health authorities

- **Recommendation # 4:**
 - It is highly recommended that you follow the guidelines of your local government, since the pandemic reality in each country will be different. Health authorities of each country are working to reactivate their economies and group activities depending on the situation of community transmission. Before returning to training they must have authorization from their authorities.
- 



General Open Water Considerations

- **Recommendation # 5:**
 - Swimming in seawater seems to be safe today. Caution is recommended in those places where there is contamination with sewage due to possible fecal-oral contagion.
- 

General considerations for swimming in pools

- Recommendation # 6:

- A. The quality of pool maintenance is very important. The chlorine concentration should be between 0.5-2 mg / L, and the pH level between 7.2-8.0.
- B. Consider natural ventilation whenever possible.
- C. UV radiation lamps for air and water purification could be used additionally.

Physical Distance

- **Recommendation # 7:**

- A. Promote physical distancing in training among your affiliates. (2 meters away)
- B. Consider using only one swimmer per lane when possible.
- C. Use opposite ends of the pool or different shifts as an alternative.
- D. Swimmers who are living together could use the same lane.

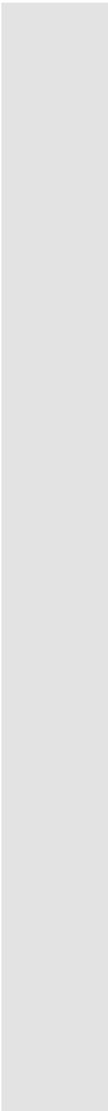
Swimming items hygiene

- Recommendation # 8:
 - A. All objects should be for personal use. Therefore, it should promote among its affiliates to use water bottles, paddles, tables and other equipment for individual use.
 - B. Avoid the use of snorkels during the period of return to training.



Entry protocol to the aquatic center or open water environment

- Recommendation # 9:

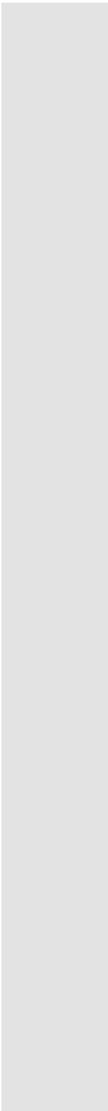
- A. The use of masks must be mandatory at all times until before entering the pool or beach. Once the athlete is out the pool, should start wearing it again.
 - B. You must promote the use of showers before entering the pool area, as well as the mandatory removal of shoes in the pool area.
 - C. Consider using digital thermometers for all people when entering the complex.
- 

Swimming pool exit protocol

- Recommendation # 10:
 - A. Bathing with liquid or solid soap is recommended at the end of training.
 - B. Bathrooms or locker rooms should have access to the nearby exit to avoid traffic through the pool area.
 - C. Upon arrival at the house, standard disinfection protocol for clothing and equipment, for use of public space should be encouraged.

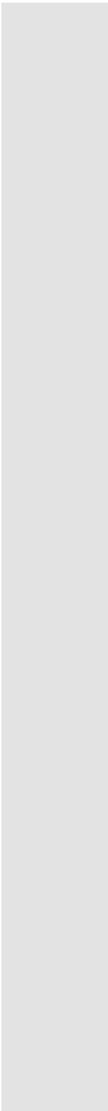


Detraining Considerations and Gradual Return to Training Program

- A. The levels of home training compliance can vary between athletes, so the return must be gradual, supervised and individualized.
 - B. Individual effects of detraining should be assessed.
 - C. Assess injury history and current status after confinement.
 - D. Functional evaluations at the beginning of the period can be useful.
 - E. Plan competitions respecting training phases, along with safe event hosting protocols development.
- 



Information
resources for
athletes and
Aquatics
sports
community

- YOU SHOULD SEARCH INFORMATION AT OFFICIAL SOURCES. PLEASE GO TO THE PAGES:
 - www.who.int
 - www.fina.org
 - www.olympic.org
- 

Criteria for seeking medical advice

If you have had contact with a person who has had symptoms or has been diagnosed with COVID-19, you should isolate yourself at home to avoid contagion to others.

- If you present:
- **Most common symptoms:**
- Dry cough, Fever (38.5 C or 102 F) or tiredness.

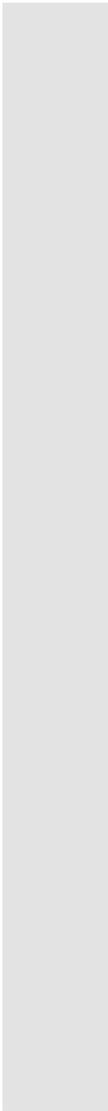
- **Less common symptoms may include:**
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of sense of smell or taste
- Skin rashes or discoloration of the hands or feet

- **Symptoms that demands an emergency visit:**
- Difficulty breathing, chest pain, or inability to speak or move.



Use video conferencing for team and staff meetings

An option to continue using during this period for health promotion and education.



Conclusions

- This document only seeks to generally inform on important topics around the return to training.
- Each country will have a different moment and rhythm, but in any case it will have to be gradual.
- It is suggested to frequently review the guidelines and regulations of your local government.
- Promote standard and continuous disinfection protocols in all areas of aquatic complexes, including gym areas. Talk to administrators and managers.



Contact info

UANA Sports Medicine Commission 2019-2023

medical@uana-aquatics.com

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