

## COVID-19 NSWIS MEDICAL GUIDELINES

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**Guideline Author and Contact person for more information:**

Chief Medical Officer

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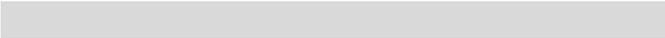
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## Revision History

Date	Version	Reviewed by	Changes made
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2020	V1	Chief Medical Officer	Guideline created
6 May 2020	V2		
1 July 2020	V3	Chief Medical officer	AMS reporting guidelines
23 July 2020	V4		
5 November 2020	V5	Chief Medical Officer, Head of Sport Science	Travel, Physical Distancing, Medical and physiotherapy services
23 March 2021	V6	Chief Medical Officer, Manager Sport Science	Updates to the Climate Chamber, Sauna and Recovery Centre usage guidelines
27 June 2021	V7	Chief Medical Officer	Update
2 August 2021	V8	Acting CEO	Review
26 August 2021	V9	Acting Manager, Sport Science	Update to Recovery Centre Usage
22 <sup>nd</sup> September 2021	V10	Chief Medical Officer	Update to contractor requirements
12 October 2021	V11	Chief Medical Officer	Updates to roadmap for reopening NSW
22 October	V12	Chief Medical Officer	Include updated risk matrix
20 December 2021	V13	Chief Medical Officer	Update in line with NSW Government changes
24 December 2021	V14	Chief Medical Officer	Updated in line with Public Health Order
6 January 2022	V15	Chief Medical Officer	National Cabinet updates regarding COVID testing and isolation requirements
24 February 2022	V16	Chief Medical Officer	Update in line with NSW Government changes

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26 April 2022	V17	Chief Medical officer	Update in line with NSW Government changes
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Printed copies of this document may not be up to date. Ensure you have the latest version before using this document.

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## COVID-19

### What is COVID-19

COVID-19 is a new strain of coronavirus, first identified in 2019, that had not been previously identified in humans. Currently there are seven types of coronavirus that are known to infect humans – four of them commonly circulate in the community and generally result in minor illness such as the common cold. The remaining two are associated with significant illness being Middle Eastern Respiratory Syndrome Coronavirus (MERS-CoV) and Severe Acute Respiratory Virus (SARS).

### How does COVID-19 spread?

Human Coronaviruses can be transmitted from someone infected with COVID-19 to other close contacts via inhaled respiratory droplets, spread by coughing or sneezing, or by transfer from hand to mouth or nose following direct contact with contaminated surfaces or objects.

### Symptoms

Symptoms from coronavirus include but are not limited to;

- Fever
- Cough
- Runny nose
- Shortness of breath
- Gastrointestinal symptoms
- Anosmia (loss of smell)

Whilst most people have mild symptoms, 15% have severe infections, 1-5% require intensive care in a hospital and it is unpredictable who goes on to develop long covid symptoms. Even though community levels of vaccination are >90%, it is important that both athletes and staff adhere to these guidelines to safeguard athlete and staff health and minimise the chance of a COVID-19 outbreak in a NSWIS facility.

The Chief Medical Officer will monitor the latest updates regarding COVID-19 via the NSW health website (<https://www.health.nsw.gov.au/Pages/default.aspx>) and provide updates as appropriate.

### Where to find more information about COVID-19

If staff or athletes would like further evidence based information regarding the COVID-19 virus they can refer to the NSW government website <https://www.health.nsw.gov.au/Pages/default.aspx>

### Athletes and Staff - General principles to protect yourself and others from COVID-19

There are a number of steps you can take to continue to minimise your risk of contracting COVID-19.

### Practice good hygiene

- Regularly clean your hands thoroughly for at least 20 seconds with soap and water. Best practice hand washing instructions can be found here <https://www.healthdirect.gov.au/hand-washing>
- Cover your nose and mouth, when coughing and sneezing, with a tissue or flexed elbow
- Avoid close contact with anyone with cold or flu-like symptoms.

## Physical Distancing

- Physical distancing (1.5m) reduces the number of close physical and social contacts for each person and combined with good personal hygiene can slow the spread of infection throughout the community. We encourage all NSWIS athletes and staff to continue to practice social distancing.

## Symptom checking

- Anyone with respiratory symptoms or unexplained fever should be tested for COVID-19.
- If a NSWIS athlete or staff member has symptoms and needs advice they should undertake a Rapid antigen test or PCR test at a COVID-19 testing centre. In addition to this you can contact [medical@nswis.com.au](mailto:medical@nswis.com.au) to seek advice from a NSWIS Sports Physician.

## Education

- All staff members must complete the COVID-19 awareness training program This can be accessed via: <https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>.

## Travel

### International

- All overseas travel requests must first be approved by relevant High Performance Manager and NSWIS CEO (please use the NSWIS travel request form)
- All athletes or staff who travel overseas or interstate must follow government guidelines, including pre travel testing or mandatory isolation as required.

## Influenza Vaccination

- The influenza vaccine does not prevent COVID-19. However, it does protect you from influenza which can also make you very unwell
- Fluvax injection is available to all athletes and staff.

## COVID 19 Vaccination

Everyone in Australia will be offered a [COVID-19 vaccine](#) and booster doses.

Consistent with the requirement of those working in the DCJ cluster of NSW Government, NSWIS staff are required to be fully vaccinated against COVID 19, unless they have a medical exemption recorded on the Australian Immunisation Register.

## Why should I get a COVID -19 Vaccine?

COVID-19 is a disease caused by the virus SARS-CoV-2. It can cause severe lung and generalised disease. As of April 2022, it has caused [over 6.2 million deaths](#) worldwide, with more than 295 million cases reported. Although the elderly and people with underlying medical conditions have a higher risk, anyone, including healthy young people, can get severe disease and die of COVID-19. In some people, COVID-19 may cause long-term symptoms of fatigue and breathlessness and other long-term complications which impact on performance in sport.

The virus is also easily spread by people with few or no symptoms; even if you may not become unwell with COVID-19, you may pass the virus on to others without knowing it and they may become very ill.

## Guidelines regarding COVID testing and Isolation



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<b>Protocol 1 – COVID-19 confirmed by a positive RAT or PCR test:</b>	<b>Protocol 2 – Close Contact</b> <b>* AND have symptoms:</b> * You are a Close Contact if you are living with someone who has COVID-19, or have spent at least 4 hours indoors with someone.	<b>Protocol 3 – Close Contact</b> <b>* BUT have no symptoms:</b> * You are a Close Contact if you are living with someone who has COVID-19, or have spent at least 4 hours indoors with someone.	<b>Protocol 4 – Casual Contact</b> Applies to those who have had less than 4 hours contact with someone who has known COVID infection eg. contact in a training, social, education or workplace setting.
<p>Isolate at home for at least 7 days from the day you had your test.</p> <p>Treat symptoms as needed and follow any advice from NSW Health.</p> <p>Athletes: Enter symptoms and result on AMS COVID tracking. Notify Coach. Staff: Notify manager and NSWIS Medical.</p> <p>Once symptoms settle, it is OK for athletes / staff to commence individual light to moderate intensity exercise during the period of isolation with athletes guided by S&amp;C coach. The same approach should be adopted by staff with their exercise routines.</p> <p>A combination of no symptoms and a negative RAT test on Day 8 is required prior to re-entering the NSWIS facility or DTE – this suggests you are no longer infectious.</p> <p>In the case of ongoing symptoms, medical review is required prior to returning to NSWIS or the DTE.</p> <p>In some cases, the RAT test can remain positive for weeks. In this situation, the CMO will advise on a case by case basis.</p> <p><i>Wear a mask when leaving the home and avoid visiting high-risk settings for at least 7 days following negative test or end of symptoms.</i></p> <p><b>Always seek medical help if you become very unwell.</b></p>	<p>Self isolate for 7 days since you last had contact with the person who has COVID-19.</p> <p>Take a RAT self-test or PCR test and stay at home while waiting for the test result.</p> <p>If you test positive for COVID-19 follow Protocol 1.</p> <p>If you test negative, continue to stay at home while symptomatic.</p> <p><i>Wear a mask when leaving the home and avoid visiting high-risk settings for at least 14 days following exposure to the person with COVID-19.</i></p> <p><b>Always seek medical help if you become very unwell</b></p>	<p>Monitor for symptoms</p> <p>For staff, work from home if practical</p> <p>If asymptomatic and daily RAT test is negative, you are allowed to attend work or training and continue normal community life within the following restrictions:</p> <p>Notify employer / coach and seek approval to attend work or training</p> <p>Wear a mask in indoor settings</p> <p>Continue RAT test daily</p>	<p>Monitor for symptoms and only require a RAT or PCR test if symptoms develop</p> <p>It is OK to continue training and attending NSWIS site or DTE while asymptomatic.</p>

## COVID positive Staff and Athletes

Staff and athletes who have tested positive to COVID-19 must isolate for 7 days

Notify manager, coach, or High performance manager and [medical@nswis.com.au](mailto:medical@nswis.com.au) or the NSWIS CMO directly.



Following the mandatory 7 days of isolation, a negative RAT is required before return to work or training.

It is possible to recommence light to moderate intensity exercise during the isolation period

### [Staff and athletes who have had close contact with a person with COVID-19](#)

A close contact is defined as someone who lives in the same household as a COVID positive person or has spent more than four hours indoors with a known COVID positive person.

Close contacts should isolate for 7 days. If symptomatic, do a PCR test. If asymptomatic, monitor for symptoms and do a Rapid antigen test on Day 6, prior to returning to work or training.

If asymptomatic, it is OK to continue training at home during this period of isolation.

### [Staff and athletes who are casual contacts](#)

Anyone who has had exposure to a known COVID positive person in an outdoor setting, or for less than 4 hours in an indoor setting, is considered a casual contact and should monitor for symptoms. It is OK to continue training and working.

Casual contacts only need to do a PCR test if symptoms develop.

## NSWIS training and competition

### Athlete Guidelines

These guidelines apply to any athlete returning to training at the NSW Institute of Sport (NSWIS) training facility or an NSWIS Daily Training Environment (DTE).

### Symptom Tracking

- Athletes are no longer required to complete the COVID symptom checklist on AMS
- **NO athlete should come onsite if they have cold or flu like symptoms. Any athlete who notes symptoms within the AMS monitoring form may be required to present for a COVID test and provide evidence to the CMO for clearance prior to accessing the NSWIS training facility or daily training environment.**
- It is up to each athlete to ensure their contact details on AMS are up to date, including a contact phone number
- All athletes entering the DTE must have updated AMS to confirm double vaccination (plus booster if complete) or current evidence of a negative rapid antigen test within the last 3 days.
- Should NSW Government guidelines change, NSWIS reserves the right to update these Guidelines and communicate any changes to athletes.

### Compromised immune systems

- Athletes, coaches, or staff members with a medical condition that compromises the immune system, should book an appointment with a NSWIS Sports Physician by emailing [medical@nswis.com.au](mailto:medical@nswis.com.au), to formulate an appropriate medical management plan.

### Medical and Physiotherapy Services

- Medical and Physiotherapy services can be accessed via <https://nswis.appointlet.com/>
- All physiotherapy and medical treatments will be conducted on Level G and in the DTE as required.
- Appropriate distancing measures have been put in place for the physiotherapy and medical treatment area.

### Athlete FAQ's

#### How do I access the COVID-19 form?

Refer to the COVID-19 AMS 'how to guide' sent out by your sport consultant (appendix 1). If you have any AMS issues, contact your sport consultant or [ams.support@nswis.com.au](mailto:ams.support@nswis.com.au) for assistance.

#### What if I have symptoms? Does that mean I have to stop training?

If you report symptoms on your COVID-19 form you will be contacted by a NSWIS doctor to discuss your symptoms and ongoing management. The doctor will guide you with regards to whether you need to be tested for COVID-19 and whether you can continue to train at the NSWIS facility or DTE. It is important everyone is honest about their symptoms to protect our community – this includes athletes and staff.

## **Athletes are young and healthy – why are we being so strict?**

It is up to everyone in our community to stop the spread of COVID-19. Vaccination is a very important component and young people tend not to get as ill, but every person can be a potential carrier, so it is important we are careful and play our role in stopping the spread. We also need to protect NSWIS athletes and staff who have other health conditions that put them at greater risk should they contract COVID-19. Finally, should we get an outbreak of COVID-19 at NSWIS it is likely the facility will need to close again which would affect everyone's training.

## **Who has access to my information from the COVID-19 form?**

The NSWIS Chief Medical Officer, Head of Performance Health and NSWIS Doctors can see your responses daily so they can initiate medical follow up daily with symptomatic athletes. Your coach will be notified via email from the medical team if you are unable to train, but the specifics of your medical information will be treated confidentially.

## **Staff Guidelines**

In addition to the general principles outlined earlier in this document, the following additional guidelines must be adhered to for any staff members working at the NSW Institute of Sport (NSWIS) training facility or an NSWIS Daily Training Environment (DTE).

### **Covid vaccination certificate**

- Staff who provide a current covid vaccination certificate do not require weekly COVID testing to attend the NSWIS facility or DTE.
- Staff who are yet to complete their course of COVID vaccinations or remain unvaccinated (with a valid medical exemption) or have only had one dose are required to provide a negative rapid antigen test result within 7 days of entering the NSWIS Facility or DTE.

### **Symptom tracking**

- Staff must continue to daily self-monitor for symptoms. NO staff member should come onsite if they have cold or flu like symptoms
- If a staff member develops symptoms it is recommended they obtain a COVID test and self-isolate until the result is known.
- If you subsequently test positive to COVID-19 you MUST notify the NSWIS Chief Medical Officer and the NSWIS CEO as per the reporting guidelines earlier in this document.

### **Medical Certificate requirements**

- Any staff member who has returned a positive test for COVID-19 should have medical clearance before returning onsite to the NSWIS Facility or the NSWIS DTE. Please forward this document to the Chief Medical Officer. The Chief Medical Officer will then contact you regarding a return to work date
- A medical certificate is NOT required for those who have self-isolated because of travel circumstances or contact tracing but remain symptom free.

## External Contractor Guidelines

These guidelines include all contractors that visit the NSWIS Facility to undertake work including but not limited to:

- Facilities First Australia (cleaning company)
- Endeavour Skilled Trades (general maintenance and building works)
- Fresh and Clean (bathroom servicing and resourcing)
- Green Design (plants maintenance)
- Crest Air Conditioning
- Total Water (plumbing)
- Swimart (recovery centre)
- Any ad-hoc contractors requiring access to the NSWIS tenancy

In addition to the general principles outlined earlier in this document, the following additional guidelines must be adhered to for any external contractors who require access to the NSW Institute of Sport (NSWIS) facility.

The following guidelines will apply:

1. NSWIS will sight evidence of an external contractors' vaccination status (2 doses completed), prior to accessing the NSWIS Training Facility.
2. Aligned with the requirements of Infrastructure NSW. All external contractors must have:
  - had two doses of a COVID-19 vaccine, or
  - a certified medical contraindication and negative Rapid Antigen Test for COVID-19 within the preceding 72 hours.
3. Must comply with all requirements of the NSW Public Health Order and these Medical Guidelines

## Personal Hygiene

- All external contractors who are given access to the NSWIS facility must confirm they are following government regulations regarding social distancing.
- Log entry at reception when entering the NSWIS facility, to create an accurate time stamp and log to allow contact tracing should a contractor subsequently develop symptoms or test positive

## Symptom tracking

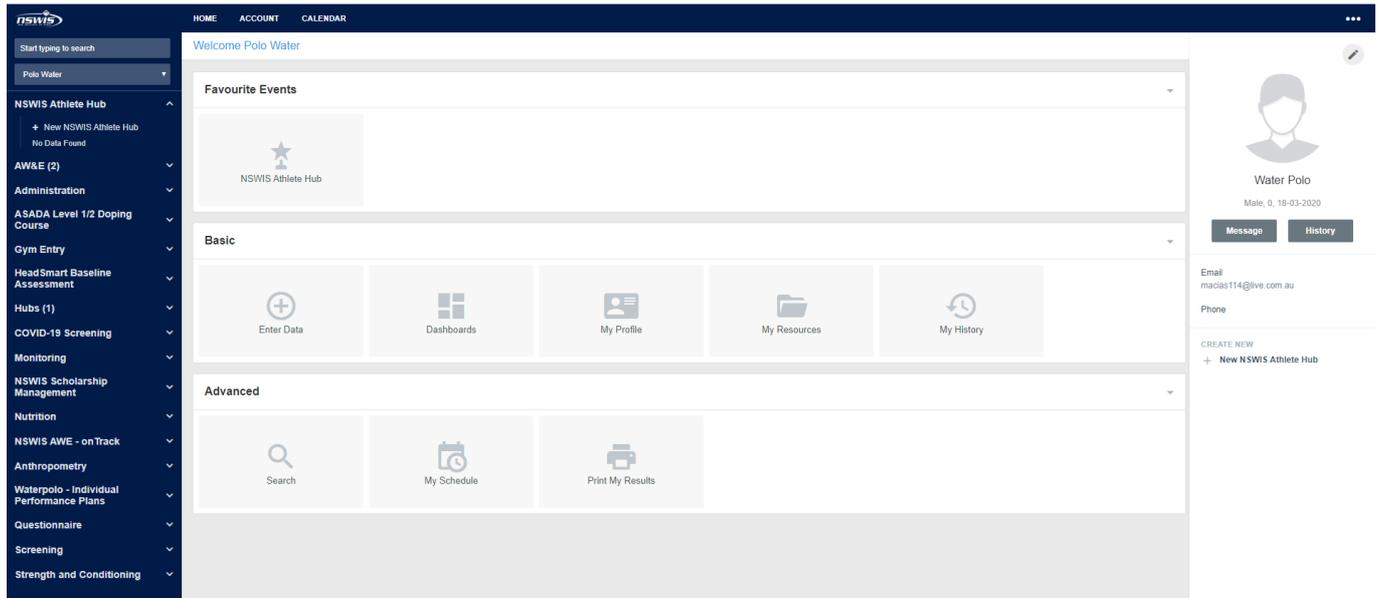
- External contractors must continue to daily self-monitor for symptoms. NO contractor should come onsite if they have cold or flu like symptoms
- If an external contractor subsequently tests positive to COVID-19 they MUST notify the Senior Coordinator – Executive Services and Operations who will escalate to NSWIS Chief Medical Officer and the NSWIS CEO as per the reporting guidelines earlier in this document.

## Appendix

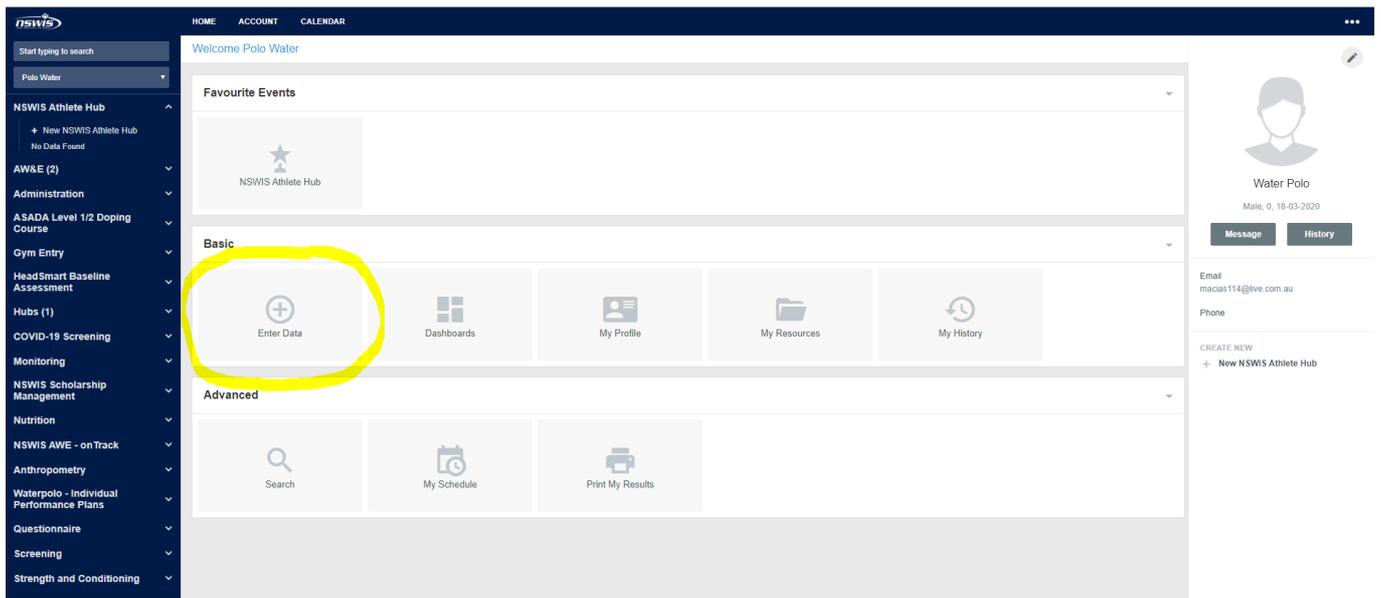
### Appendix 1: Athlete Symptom Tracking – entering data

#### Entering data through the AMS website

1. Go to the NSWIS AMS Login page at [ams.ausport.gov.au/nswis](https://ams.ausport.gov.au/nswis)
2. Log in using your AMS credentials
3. Once logged in you should see the screen below



4. Click on the Enter Data button



## 5. Select COVID-19 Screening from the next screen

My Favourites:

NSWIS Athlete Hub

Search...

Reset

ASADA Level 1/2 Doping Course	Athlete Service Provider	<b>COVID-19 Screening</b>	HeadSmart Baseline Assessment
Health Problems Questionnaire	Health Records Consent Form	LEAF Q - FEMALES only - Low Energy Availability Questionnaire	NIN Athlete Medical Screening
NIN Winter Sport Athlete Screening Form	NSWIS - Athlete Reimbursement	NSWIS Athlete Financial Details	NSWIS Athlete Hub
NSWIS Athlete Scholarship Agreement	NSWIS Athlete Scholarship Hub	NSWIS AWE - onTrack	NSWIS AWE - Wellbeing Tracker
NSWIS Nutrition Pre-Screening	NSWIS Recovery Tracker Recover scoring tool	Nutrition Evaluation Survey	Psychology - AC SI Questionnaire
Psychology - DASS 21 Questionnaire	S&C Check In	S&C Check Out	Short Recovery Scale (SRSS)
Supplements Register	Waterpolo - Daily Monitoring	Waterpolo - Sessional Monitoring	Waterpolo - Shoulder Monitoring

## 6. Fill out the form, making sure to click Save & Close once you are finished

HOME ACCOUNT CALENDAR

Start typing to search  
Polo Water

NSWIS Athlete Hub  
+ New NSWIS Athlete Hub  
No Data Found

AW&E (2)  
Administration  
ASADA Level 1/2 Doping Course  
Gym Entry  
HeadSmart Baseline Assessment  
Hubs (1)  
COVID-19 Screening  
Monitoring  
NSWIS Scholarship Management  
Nutrition  
NSWIS AWE - onTrack  
Anthropometry  
Waterpolo - Individual Performance Plans  
Questionnaire  
Screening  
Strength and Conditioning

Enter new COVID-19 Screening for Polo Water

HOME → TYPE OF EVENT → ENTER NEW COVID-19 SCREENING FOR POLO WATER

Hide Instructions Undo

On Date Wed, 22-04-2020 from 11:45 AM to 12:45 PM

**COVID-19 Screening**

**Travel**  Yes  No  
Any overseas travel in the last 14 days?

**Contact**  Yes  No  
Any contact with a confirmed case of COVID-19?  
Contact with a confirmed case is currently defined as follows:  

- Direct physical contact of any kind (handshake, hugs, kisses)
- Being in the same small space (an enclosed office, a meeting room, a common room) for 15 minutes or more
- Being in the same larger space (an open plan workspace, a living area, a shared training area or gym) for two hours or more

**Symptoms**  Yes  No  
Any cold or flu symptoms?  
Fever, coughing, sneezing, runny nose, difficulty breathing/shortness of breath, tiredness

Comments  
Any relevant information

The following errors need to be fixed before moving on:  

- Travel is required
- Contact is required
- Symptoms is required

Save & Close Save Draft Cancel

Water Polo  
Male, 0, 18-03-2020  
Message History

Email  
macias114@live.com.au

Phone

CREATE NEW  
+ New NSWIS Athlete Hub

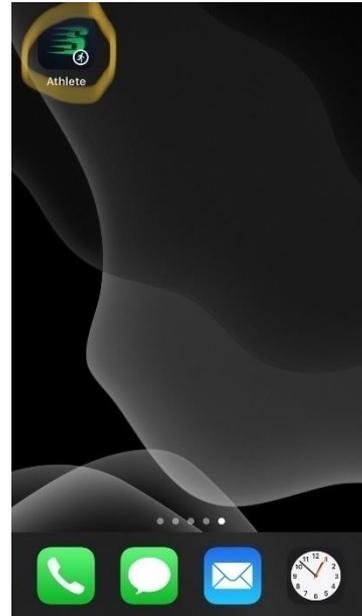
## Entering data through the AMS Athlete or Smartabase App

# COVID-19 NSWIS MEDICAL GUIDELINES

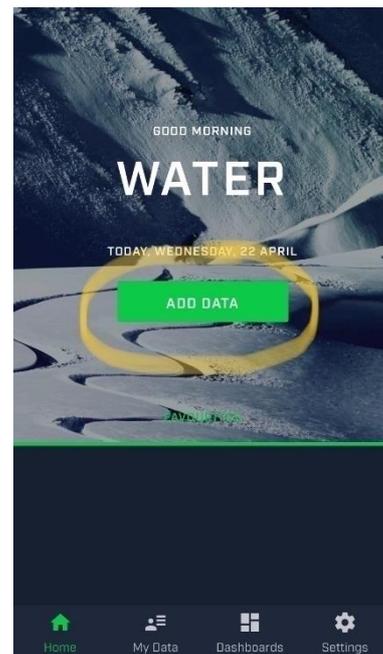
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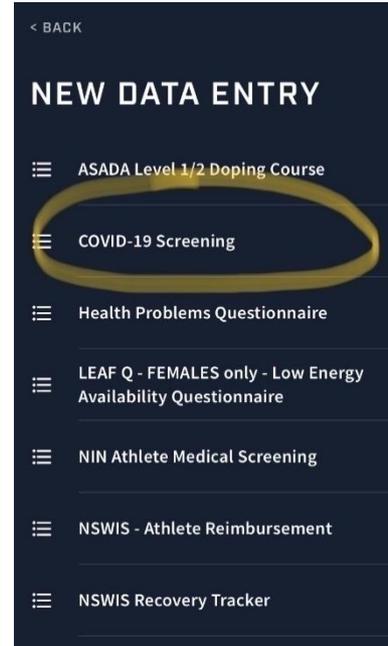
1. Open the AMS Athlete or Smartabase Athlete App



2. Once open, click the Add Data button as shown below



3. Select COVID-19 Screening from the next screen



4. Fill out the form and be sure to click Submit once you are done

