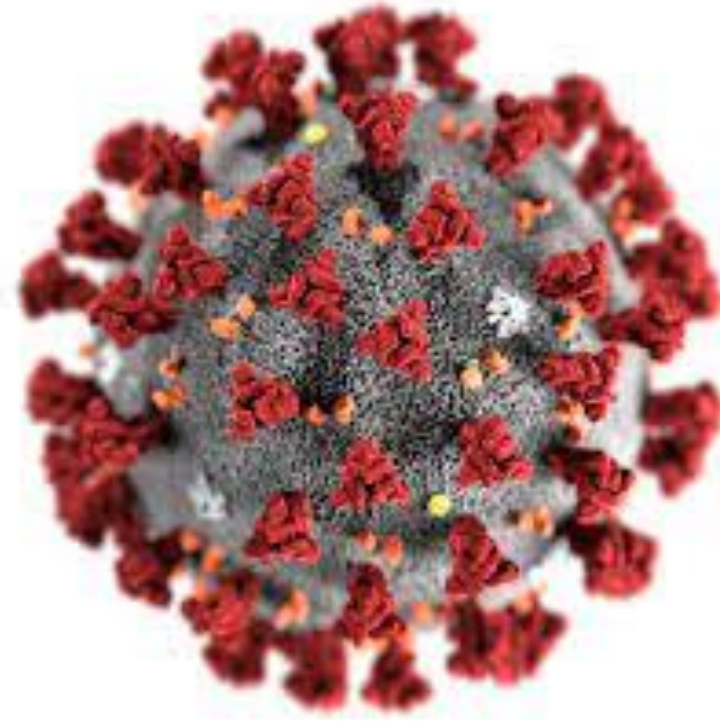


Return to Sport: Overcoming the COVID-19 Impact


Andrew Marshall

MD, FRCSC, Dip. Sport Med.



Tools for Planning

COVID-19 Risk Assessment Tool for Sport



This tool includes all factors from the general WHO risk assessment and mitigation checklist for mass gatherings as well as additional factors relating to sporting events and training. It enables organizers to determine a more accurate overall risk score. This tool has been adapted specifically to return to training planning in the Canadian context and should be discussed with your CMD or SMAC members.

In order to accurately provide answers to the following risk assessment and mitigation checklist, those responsible must be knowledgeable on the current COVID-19 outbreak. They should reference the daily provincial, local and global COVID-19 situation reports provided by WHO, Public Health Agency of Canada (PHAC) and provincial health authorities.

It must be ensured that this risk assessment is conducted with input from local public health authorities and training facility landlord, and that the necessary personnel with expertise in risk assessment, epidemiology, and infectious disease control resources are included from the initial stages of planning.

Sport Organization Name:	NSO
Is this survey being completed on behalf of Olympic or Paralympic sport?	Canadian Olympic Comm
Please select the appropriate Multi-Sport Organization:	
Name of the CSI / CSC with whom you are most closely affiliated:	CSA Ontario
Name of the city in which the training activities will occur:	City
Name of person completing this NSO Risk Assessment and title:	Name
Name of NSO communications liaison:	Name
Name of the Medical/IST Lead:	Name
NSO Contact Email:	person@domain.com

Risk Assessment		Compute Initial Risk Assessment
Will the training be held in a region that has documented active local transmission of COVID-19?	Yes	
Approximate spread (0 to 10, 10 to 25, 25 to 50, 50 to 100)	10	
Will the training be held in venues/facilities with access by multiple groups?	No	
Will the group include team members relocating from areas outside the training location that have documented active local transmission of COVID-19 community spread?	No	
Will the group include participants (athletes or coaches) at higher risk of severe COVID-19 disease (e.g., health care & staff, all ages at events, etc., underlying health conditions)?	Yes	
Is the training considered at higher risk of spread for COVID-19 (e.g., contact sport, indirect contact through training equipment as balls, training site visit)?	No	

Risk Assessment for Sport Clubs

Date of Risk Assessment	
Club Name	
City	
Province	
Present re-open phase/stage/level (local and provincial)	
Public Health Contact Number	
COVID Strategic Operations Team (see Mitigation Checklist for responsibilities)	
Name of Person Completing this Tool	
Name of Communications Lead	
Name of Medical Lead	
Name of Operations Lead	
Primary Club Contact Name and Email	

STEP 1 - Initial Risk Assessment

The questions below will enable clubs to review the additional considerations specific to return to sport, and thus inform their risk checklist for COVID-19. This will help staff and volunteers to understand and manage any additional risk from COVID-19.

The risk assessment should be reviewed and reassessed regularly during the planning phase and updated immediately prior to the transition to the operational phase, especially in light of the rapidly evolving nature of the outbreak.

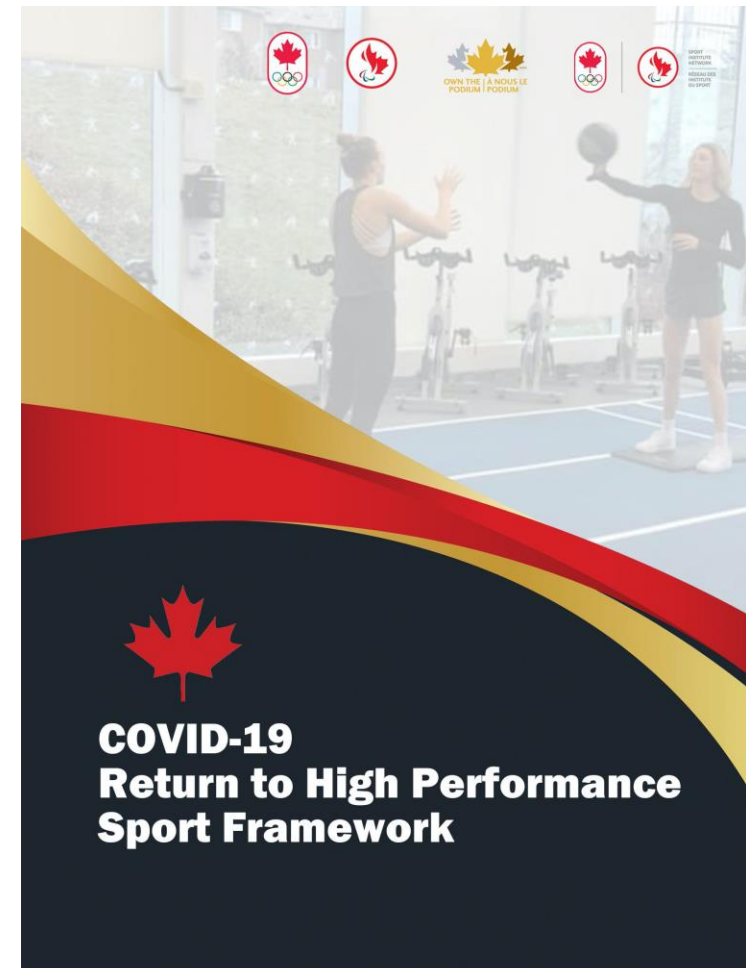
The risk assessment for COVID-19 must be coordinated and integrated with the local risk assessment for COVID-19. The person completing the questionnaire should include input from the local public health authorities, consult WHO's latest technical guidance, and ensure that there is an up-to-date evaluation of the epidemiological situation.

(The NSO and/or your PHS is also to provide support and guidance in completing this risk assessment)

Initial Risk Assessment

Please answer Yes (1) or No (0) to the following questions to determine a risk assessment score that incorporates factors specific to club training activities.

Additional risk of COVID-19 to return to group	Yes (1)/No (0)	Score	Comments



Return to Sport Assessment Tool

COVID-19 Risk Assessment Tool for Sport



SPORT
INSTITUTE
NETWORK
RÉSEAU DES
INSTITUTS
DU SPORT



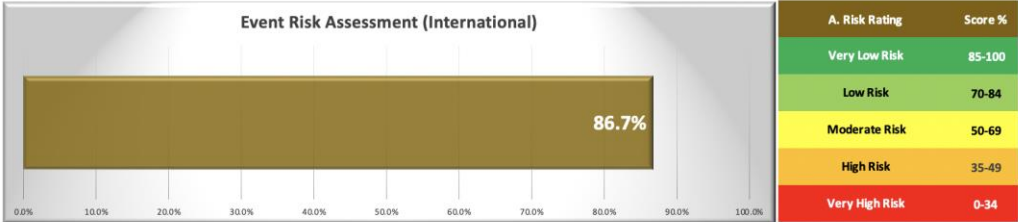
This tool includes all factors from the general WHO risk assessment and mitigation checklist for mass gatherings as well as additional factors relating to sporting events and training, to enable organizers to determine a more accurate overall risk score. This tool has been adapted specifically for return to training planning in the Canadian context and should be discussed with your CMO or SMAC members.

In order to accurately provide answers to the following risk assessment and mitigation checklist, those responsible must be knowledgeable on the current COVID-19 outbreak. They should reference the daily provincial, local and global COVID-19 situation reports provided by WHO, Public health Canada and provincial health authorities.

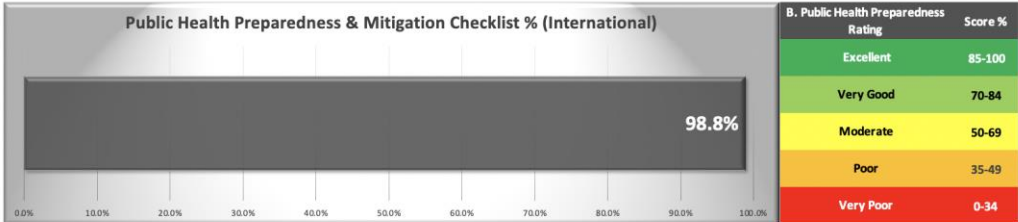
It must be ensured that this risk assessment is conducted with input from local public health authorities and that the necessary personnel with expertise in risk assessment, epidemiology, and infectious disease control measures are included from the initial stages of planning.

Sport Organization Name:	NSO
Is this survey being completed on behalf of Olympic or Paralympic sport? Please select the appropriate Multi-sport Organization:	Canadian Paralympic Com ▼
Name of the CSI / CSC with whom you are most closely affiliated:	CSI-Ontario ▼
Name of the city in which the training activities will occur:	Toronto
Name of person completing this NSO Risk Assessment:	Andy Marshall
Name of NSO communications liaison:	Name

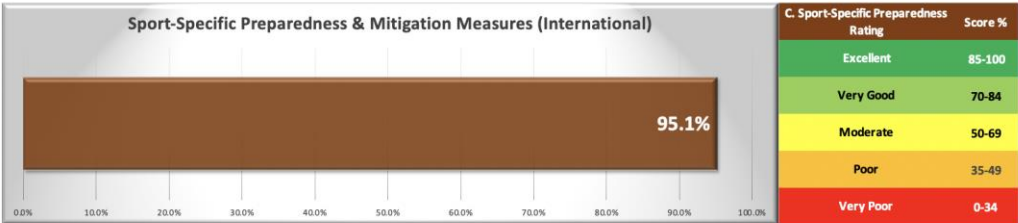
Return to Competition Assessment Tool



A. This bar graphic represents the risk assessment of your event. Based on the information you provided it shows a risk assessment score that incorporates factors specific to mass participation sporting events. The higher the percentage, the better the mitigation score.



B. This bar graphic represents the public health preparedness of your event. Based on the information you provided it shows the areas of strength of your medical plan and those areas that require a further improvement. The higher the percentage, the better the mitigation score.

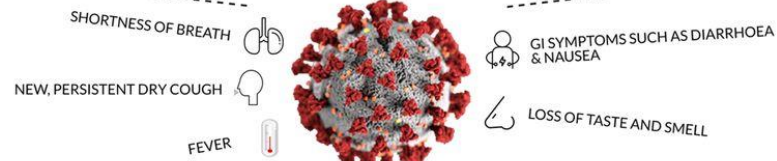


C. This bar graphic represents the sport specific preparedness of your event. Based on the information you provided it shows the areas of strength of your medical plan and those areas that require a further improvement. The higher the percentage, the better the mitigation score.

Event and Camp Checklist					
Note this checklist is to assist planning for Camps and Events in Canada and Abroad. Further sport specific checks may be added to this base list.					
Event / Camp Details					
Event / Camp Name					
Location					
Risk Level (From R-SAT)					
Start / Arrival Date					
Finish / Departure Date					
Length of Event / Camp					
Lead Contact / Organizer					
Emergency Contact					
Number of Participants					
		Details	Responsible person	Completed ?	Risk Level High / Low
Location Details	Venue Address				
	Nearest Town				
	Closest Hospital				
	Local Medical Clinic / Physician Contact				
	Pharmacy				
	Public Health Contact				
Participants	Team Manager / Event Lead				
	Lead Coach				
	Medical Lead				
	Athletes				
	Coaches				
Travel Details	Mode of Travel				
	Departure Route / Flight It				
	Local transfer to venue / Accommodation				
	On site Transport				
Accommodation and Meals	Insurance				
	Address				
	Contact Person				
	Type of Accommodation				
	Room Type				
	Special Room needs / Access				
	Kitchen / Cooking Facilities?				
	Fridge				
Meals	Laundry				
	Cleaning				
	Meal Style				
	Chef Contact				
	Special Nutrition Needs				
	Private dining area?				
	Sanitation Stations				
Main Venue Details	Address				
	Access details / Accreditation				
	Security				
	Screening				
	Dedicated time slots / Access ?				
	Change Rooms / Showers - Private?				
	Private rest / Prep areas				
	Warm Up / Weights access?				
	At Venue Meals ?				
	Restroom Access				
	Cleaning Protocols				
	Hand Sanitizers / Wash Stations				
Secure Lockers / Bag Check					
Special Requirements					

COVID-19 GRADUATED RETURN TO PLAY FOR PERFORMANCE ATHLETES: GUIDANCE FOR MEDICAL PROFESSIONALS

INDICATORS OF COVID-19 INFECTION



THIS GUIDANCE IS AIMED AT ATHLETES WITH MILD TO MODERATE SYMPTOMS OF COVID-19. ATHLETES SHOULD FOLLOW LOCAL GOVERNMENT GUIDELINES OF COUNTRY OF RESIDENCE FOR MANAGEMENT OF SYMPTOMS INCLUDING ISOLATION AND TESTING PROCESSES. ATHLETES WHO HAVE MORE COMPLICATED INFECTIONS, OR REQUIRED HOSPITAL SUPPORT SHOULD HAVE A MEDICAL ASSESSMENT BEFORE COMMENCING GRTP. ASSESSMENT MAY INCLUDE:

BLOOD TESTING FOR MARKERS OF INFLAMMATION (HS-TROP, BNP, CRP), CONSIDER RENAL & HAEMATOLOGY MONITORING

CARDIAC MONITORING (ECG, ECHO, ETT, CARDIAC MRI)

RESPIRATORY FUNCTION ASSESSMENT (SPIROMETRY)



GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION

	STAGE 1 10 DAYS MINIMUM	STAGE 2 2 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 2 DAYS MINIMUM	STAGE 5 EARLIEST DAY 12	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	











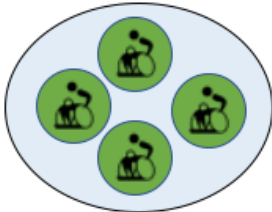




RETURN TO COMPETITION
IN SPORT SPECIFIC TIMELINES

ACRONYMS: I-PPRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)
NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT

Niall Elliott et al. Br J Sports Med 2020;54:1174-1175

BJSM

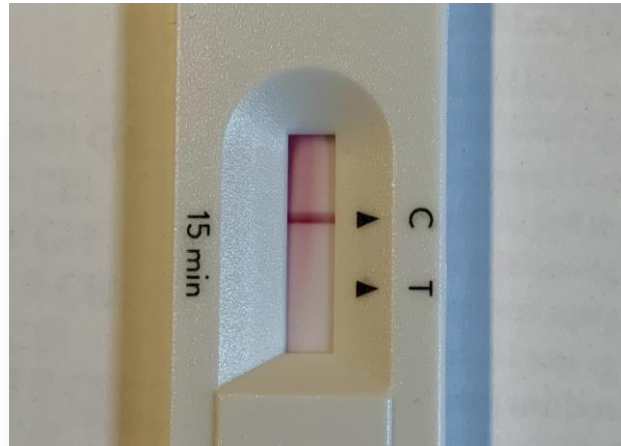
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Phase 1	Phase 2	Phase 3	Phase 4
			
			
			
			

A photograph of two male wheelchair basketball players in action on a polished wooden court. The player on the left is wearing a red jersey with the number 21 and glasses, leaning forward with his hands on the wheels. The player on the right is wearing a black jersey and is also leaning forward. A semi-transparent dark grey rectangle is overlaid on the bottom half of the image, containing the title and a list of topics.

Experiences so Far

- The Good
- The Bad (but lucky)
- The Ugly



Testing

- PCR gold standard
- Rapid antigen
- Point of care vs lab



HOW COVID-19 VACCINES COMPARE

ALL FOUR VACCINES PROTECT
AGAINST HOSPITALIZATION AND
DEATH FROM COVID-19



AstraZeneca



Johnson
& Johnson



Pfizer













Moderna

Eligible Age	18+*	18+*	12+	18+
Number of Doses	2	1	2	2
Those fully vaccinated who are still at risk of hospitalization and death from COVID-19	0 in 100	0 in 100	0 in 100	0 in 100
Those fully vaccinated who are still at risk of mild to moderate COVID-19	38 in 100	34 in 100	5 in 100	5 in 100
Offers some protection 4-6 weeks after first dose	Yes	Yes	Yes	Yes
Rare but serious side effects	1-2 in 100,000 risk of vaccine induced blood clot	1 in 500,000 risk of vaccine induced blood clot	None as of April 29, 2021	None as of April 29, 2021

*Health Canada has authorized use of AstraZeneca for those 18+, while some provinces have set the eligible age to 40+.









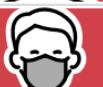







†As of April 14, 2021, Health Canada states that the benefits of the vaccine in protecting against COVID-19 outweigh its potential risks.

What can I do after I'm fully vaccinated: outdoors

	Unvaccinated People	Examples of Activities	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, wheelchair roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people, particularly in areas of substantial to high transmission	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	

Reference: CDC

What can i do after I'm fully vaccinated: indoors

	Unvaccinated People	Indoor	Fully Vaccinated People
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Reference: CDC

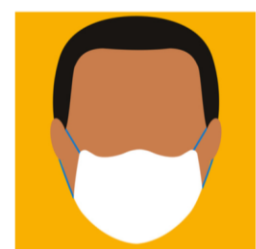


The Future

THINK HYGIENE

COVID-19 can live on everyday surfaces through droplets exhaled. If we touch those objects with our hands and then touch our eyes, nose, or mouth, there is a risk of becoming infected. That is why we must not forget the basics – regularly and thoroughly cleaning our hands, disinfecting surfaces, avoiding crowds, and wearing a face mask at all times.

#1



Wear a face mask at all times

#2



Wash your hands regularly and use hand sanitiser where available

#3



#4



Avoid using shared items where possible, or disinfect them

#5



Ventilate rooms and common spaces every 30 minutes