



# RETURNING TO COMPETITION POST INFECTIOUS DISEASES GUIDELINES

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# RETURN TO COMPETITION POST INFECTIOUS DISEASES

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# RETURN TO COMPETITION POST INFECTIOUS DISEASES

## Document Procedure / Standard Foundation

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### Purpose

The purpose of this guideline is to assist in returning to Competition and /or training post Covid-19 or any other infectious or transmissible disease in a safe manner.

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### Scope

**In Scope** of this guideline is a return to any form of contact/attendance at:

- SALAA
- Affiliated Club events/training/competitions/meetings.

**Out of Scope** of this document is direction by SA Health or SAPOL which do not have direct influence. Always follow directions as stated.

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### Authorized User

All persons who may be involved in Little Athletics or physically attend a venue associated with SALAA or an affiliated club

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# RETURN TO COMPETITION POST INFECTIOUS DISEASES

## 1. Document Procedure / Standard Expectations

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### Principles

The principles of this guideline is designed to:

- Provide a safe environment for all persons.
  - Outline the expected behaviors of persons who are Covid positive or have been close contacts.
  - Minimise the risk of transmission of Covid -19 or any other transmissible disease.
  - Educate all involved in improving the way we manage events from an illness perspective
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### Responsibilities and Delegations

**The SALAA board** is responsible for:

- Oversight of Covid -19 Protocols

**Chief Executive Officer (CEO)** is responsible for:

- Conduct of any risk assessments required
- Oversight and monitoring of Covid-19 protocols
- Conduct of any issue resolution processes

**Operations Manager** is responsible for:

- Monitoring of Government Websites to ensure compliance with current Covid-19 protocols
- Provision of advice and support to SALAA staff or Clubs around returning to the environment post Covid.

**Club Committees** are responsible for:

- Enforcing these protocols at their individual clubs
- Provision of education and support around the protocols

**SALAA workers, members, athletes and volunteers** are responsible for:

- Complying with the protocols as set put in this document.
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# RETURN TO COMPETITION POST INFECTIOUS DISEASES

## 2. Procedure Details

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### 2.1 Managing Positive Cases and Close Contacts

#### SALAA Policy statement

These guidelines are recommended to reduce risk to all participants of Little Athletics and the general community and provide a safe place to participate in our sport.

While the majority of this guideline is specific to Covid-19 it is encouraged to treat all infectious diseases in the same manner. All SA Health directions should be followed and supersede anything in this document.

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#### Positive Cases

If a person tests positive to Covid-19 they are required to isolate immediately and must not attend SALAA or any affiliated club in any capacity.

If a positive person has been at an event of SALAA or an affiliated club up to 2 days prior to symptoms and/or a positive test, they must notify SALAA or the club.

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#### Symptomatic Persons

If anyone is experiencing Covid-19 symptoms, they should be tested as soon as possible.

They should NOT attend any SALAA venue until receiving a negative PCR test. If a RAT is completed and negative (while symptomatic) a PCR must be undertaken.

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#### Testing

Close contacts must comply with SA Health protocols and undertake RAT tests irrespective of symptoms. If a RAT is positive a PCR is not required.

Any person must also get a PCR test if they are directed to by SA Health or SA Police.

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## Close Contacts

If any person is deemed to be a close or classroom contact, they must undertake 5 rapid antigen tests over a 7-day period following exposure. Anyone who is a close contact and aged 12 years and older will need to wear a mask when they leave the house for 7 days following exposure as per SA Health.

Close contacts should notify SALAA or the club of close contact status so that risk assessment can occur, and any additional protocols implemented.

These are pre-requisites to returning to Little Athletics. No person may attend with symptoms.

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## Previous Infection

Previous positive COVID-19 persons will not be considered a close contact for 12 weeks after isolation.

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## Isolation Requirements

Isolation requirements

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## Leaving Isolation

Positive cases may leave isolation after 7 days providing, they are free from acute respiratory symptoms. The SA Government mandates the following;

- On days 8 – 10 a mask is worn around other people. This includes athletes who may be training or competing.
  - Physical distancing requirements of 1.5m are met.
  - Hygiene provisions are in place and used.
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## Restrictions when returning to Little Athletics

When returning to Little Athletics as either a positive case or a close or classroom contact the following should be observed for an additional Seven (7) days;

- Wear a mask at all times.
- Not attend club social functions or gatherings.
- Avoid changerooms and other shared indoor spaces.
- Notify SALAA or the club of post covid status to allow risk assessment or additional protocols to be implemented.

## 2.2 Training and Meet Protocols

### Key Principles

The key principles to managing events/trainings/meets are:

- Maintaining 1.5m apart where possible.
- Routine cleaning and sanitisation of facilities and equipment.
- Masks encouraged when indoors and unable to physically distance.
- Avoid sharing of drink bottles and similar items.

### Changerooms/ Toilets

Changing and training facilities and toilet areas should be managed to minimise risk of transmission, this includes things such as:

- Avoid large groups of people congregating in the rooms.
- Avoid any warm-ups inside.
- Do not share towels or soap (pump bottles are ok).
- Clean and sanitise regularly.

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## 2.3 Additional Information

### Education

Education is a critical component of managing transmissible disease;

- Reinforce the need for hygiene and sanitation.
  - Support physical distancing.
  - Reinforce that if unwell attendance at SALAA events should NOT occur.
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### Other Transmissible Diseases

While the majority of this guideline revolves around Covid-19 and the requirements put in place by SA Health it should be remembered any transmissible disease can be dangerous and even fatal.

This includes:

- Food borne disease
- Influenza
- Other Viral and bacterial disease

All of these diseases can be minimised by good hygiene and physical distancing. The principles apply to all in addition to universal precautions which should be employed when dealing with any blood or body fluids.

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### Reporting Concerns

If you have a concern around the health of someone who is attending an event please contact a member of SALAA staff or the relevant club committee.

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## 3. Definitions and References

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**Classroom Contact** Someone who has shared a classroom with a person who has tested positive for COVID-19 (teacher, SSO, staff member or student) for a cumulative period of 4 hours, indoors, in close physical proximity and face masks were not able to be worn.

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**Close Contact** Close contacts in SA are defined as:

- A household member or intimate partner of a person with COVID-19 during their infectious period
- Has had close personal interaction with a person with COVID-19 for a cumulative period of 4 hours or more during their infectious period:
  - Where masks are not worn by the person and the COVID-19 case and
  - In close physical proximity (within 1.5 metres) and
  - In an indoor setting
- Has been notified by SA Health that they are a close contact.
- Has been to an exposure site listed on the SA Health website.

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**Event** A SALAA or affiliated club event includes (but is not limited to)

- Training
- Meets
- Competitions
- Social events run for the club
- Presentations

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PCR

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PCR means polymerase chain reaction. The test detects the presence of a virus if you have the virus at the time of the test.

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RAT

Rapid Antigen Tests (RAT) can detect whether proteins of the COVID-19 coronavirus are present in your body

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