

COVID-19 Fact Sheet

GP Guide for providing care to sporting teams

Keeping you and your team safe during the COVID-19 pandemic is important.

This guide provides general advice on delivering care to local sporting teams in South Australia. Advice will vary according to region (i.e. level of COVID risk) and whether there is travel or interstate players/teams involved.

Working when medically at-risk of COVID-19

Doctors with medical at-risk factors should consider if others can perform their role while there is still a risk of COVID-19. If this is not possible, a risk mitigation strategy should be in place, including the use of droplet precautions (e.g. surgical mask, eye protection, gloves) in addition to standard precautions for close examination and patient care when there is potential exposure to bodily fluids.

Club and medical indemnity insurance should be reviewed to ensure cover for COVID-19 related issues.

Surgical masks

Surgical masks are not routinely recommended when the risk of COVID-19 is low in the community, but can be worn as part of a risk reduction strategy in addition to standard precautions.

Surgical masks can be purchased through medical supply companies or sought for medical purposes through SA Health by emailing HealthPSCMSCOCustomerService@sa.gov.au.

Looking after multiple teams

Ideally, there should be a dedicated doctor or health professional group per team. This limits the risk to the team and the doctor. However, all teams require access to safe medical support to manage injuries and should not be disadvantaged if sufficient medical support is not available.

If you develop any symptoms consistent with COVID-19, even if mild, that you immediately stop providing care and seek urgent testing.

Testing when unwell

All players and staff with COVID-19 symptoms should be tested and remain isolated until their results are known and as directed by SA Health or their health professional. Players should not play until they have received a negative COVID-19 result AND their symptoms have resolved.

Team doctors can pre-fill pathology forms and provide these to players and staff, with results copied to their usual GP. Players or staff can book drive-through testing if they develop any symptoms even if mild, and on day appointments are available. They can also present to a walk-in COVID-19 clinic or one of the respiratory clinics with a referral.

Testing information is available [SA Health website](#).

COVID-19 testing prior to games

There is no requirement for COVID-19 testing prior to games. Asymptomatic testing can provide false reassurance and may lead to risk reduction measures being inappropriately relaxed. There is also no Medicare rebate for asymptomatic testing.

Staff and players should be aware of the criteria for testing and seek medical advice as needed, including if COVID-19 symptoms are present or they have had exposure to a COVID-19 case as directed by SA Health.

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If testing is indicated, players and staff should isolate while awaiting results and not attend practice, games, or the facility.

It's important to know the guidelines for returning to play and having someone responsible at the club for checking the latest health alert [here](#).

Training facility entry

- > All defined public activities, including outdoor and indoor sport, must complete a COVID-Safe Plan prior to recommencing activities: [covid-19.sa.gov.au/recovery/create-a-covid-safe-plan](https://www.covid-19.sa.gov.au/recovery/create-a-covid-safe-plan)
- > Only authorised staff and players should enter a training facility.
- > Every effort should be made to support physical distancing including alterations to usual processes and physical set up of facilities. Physical distancing of at least 1.5m should be maintained where possible.
- > Players must change prior to arriving and shower at home to limit exposure.
- > Warm up and cool down should take into account distancing and consider undertaking outdoors, while pre and post-game meetings could be taken virtually.
- > A record of who enters a facility must be kept and it is encouraged for all players and staff to download the [COVIDSafe App](#).

Change rooms

Under the current South Australian [restrictions](#), communal changing rooms and shower facilities are **not permitted** to be used and must remain closed. Toilet facilities are permitted to be open.

Once restrictions are eased and change rooms are permitted to open, change rooms should be thoroughly cleaned between games/training sessions. Time spent in the change rooms should be limited to less than 15 minutes.

Other teams should not enter change rooms whilst another team is using the space. Where possible teams should not mix within the change room.

Cleaning

Balls, goal post covers and other surfaces/equipment should be wiped down regularly with alcohol or disinfectant.

Balls should be cleaned at each interval (e.g. each quarter).

Alcohol wipes should be available to wipe surfaces and examination/massage tables after each use. Single-use bed linen must be used.

Temperature checks

Temperature checks are not routinely recommended as a screening tool for COVID-19, but may be considered prior to games and training. Temperature $\geq 37.5^{\circ}\text{C}$ is only one potential symptom of COVID-19 and therefore even in the absence of fever, if other symptoms consistent with COVID-19 are present, players or staff should isolate immediately and seek testing.

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Hand hygiene

Alcohol-based hand gel should be available at multiple stations, including entry and exit. Reducing unnecessary contact is also important to limit incidental exposure. Clearly label drink bottles and players should not share bottles.

Routine wearing of gloves, except when examining or performing physical therapy, is not currently recommended.

For more information

SA COVID-19 Information Line 1800 253 787
Communicable Disease Control Branch
Department for Health and Wellbeing
SA Health
www.sahealth.sa.gov.au/COVID2019

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