

RETURN TO TRAINING IN AQUATICS DURING COVID-19 PANDEMICS

EXPERIENCES AND CONCERNS

UANA SPORTS MEDICINE COMMISSION

SEPTEMBER 2020



OBJECTIVES

- SHARE EXPERIENCES AMONG COUNTRY MEMBERS IN THE RETURN TO TRAINING PHASE DURING PANDEMICS
- DISCUSS MAIN CONCERNS AND POSSIBLE SOLUTIONS OF THE RETURN TO TRAINING PHASE.
- PREPARE FOR THE RETURN TO COMPETITION PHASE (EVENTUALLY)

AGENDA

- Experiences in Return to training: Challenges and approaches

Dr. Jim Miller MD/FAAFP/Sports Medicine (USA),
FINA and UANA Sports Medicine Commission
member

- Round table: Main Challenges on Return to Training and Solutions proposal

UANA Sports Medicine Commission

- Key messages and closure

DR. JAMES MILLER
FAAFP, SPORTS MEDICINE



- **UANA SPORTS MEDICINE COMMISSION MEMBER**

- As a physician, he has served as Chairman of the USMS Medical Committee, as team physician for USA Swimming at the Olympics, World Championships and at open water events since 1996. He has been a member of the FINA Medical Committee since 2001 and lectures around the world on the benefits of Masters sports, nutrition and shoulder injuries for FINA and the International Olympic Committee.

DR. MILLER'S KEY MESSAGES

- FINA back to water guidelines are available in FINA website , and includes topics such as testing and sports specific recommendations.
- “Stay tuned until tomorrow” should be the way to see the information. It’s a changing situation.

DR. MILLER'S KEY MESSAGES

- Consider the effects of detraining.
- Psychology and nutrition assessment are useful.
- Social Distancing and masks work and should be used. World is expecting the vaccine, and we should want to know short- and long-term safety and efficacy.

ROUND TABLE

Dr. Margo Mountjoy (CAN)

Francisco De la Rosa, md (DOM)

Steve Keeler, md (CAN)

James Miller, md (USA)

Juan Carlos Quinceno, md (PAR)

Morgan Luker (TCI)



SPORTS MEDICINE COMMISSION

MAJOR CONCERNS

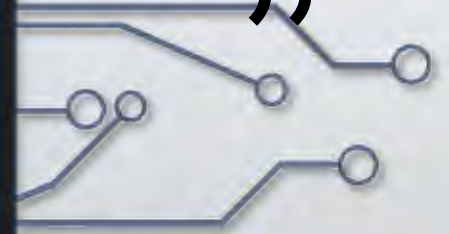
(thru Attendees registration Forms)

- Evaluation and recommendations for POST-COVID19 athletes.
- Safety and disinfecting protocols. Compliance.
- Athletes screening. (ideal testing and frequency)

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ROUND TABLE CONCLUSIONS

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MAIN CONCLUSIONS

Evaluation and recommendations for POST-COVID19 athletes.

- Cardiovascular and respiratory assessment are necessary, looking for myocardopathies and pericarditis in athletes post COVID19.
- Stratify patients for return to training in those who had mild, moderate or severe symptoms.
- Stay tuned for posts on cardiovascular risk. Electrocardiogram, echocardiogram and labs workup should be considered .

MAIN CONCLUSIONS

Safety and disinfecting protocols.
Compliance.

- Chlorinated water reduces the risk of infection. The main concern is in contact before or after training. Closed environments should have additional care.
- The preventive isolation of athletes after a known contact, would be considered regarding the safety of the environment in which they are training.
- "Bubble" type models would be ideal.

MAIN CONCLUSIONS

Athletes screening.
(Ideal testing and frequency)

- The test of choice is RT-PCR.
(nasopharyngeal swab)
- The frequency testing ranges from daily to weekly. In other cases they use questionnaires and perform tests before congregations.
- Not taking follow-up tests until negative could pose a problem when randomizing tests for these athletes later.

A swimmer in a colorful, multi-colored swimsuit is captured mid-dive, entering the water. The swimmer's arms are extended forward, and their legs are trailing behind. The pool is blue with yellow lane lines. In the background, a large crowd of spectators is seated in bleachers, and the arena's structural beams are visible. A black semi-transparent box with white text is overlaid on the center of the image.

*COMPETITION CONCERNS (NATIONAL AND INTERNATIONAL MEETS)

NEXT. ZOOM MEETING: RETURN TO COMPETITION...

KEY MESSAGES



- We should promote multidisciplinary groups in each country
- COVID-19 pandemics has changed the way we experience Aquatics, and it demands continued education and information review.
- Return to competition should be the next phase and we should start planning so, along the way.



Francisco De la Rosa, MD

UANA Sports Medicine Commission Chair

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