



COVID-19 Protocols and General Health Protocols for 2022-2023 Biathlon Australia Teams

Effective 30 November 2022

1) Preamble

Some of the countries the BA 2022-23 Teams will be training and competing in overseas, may experience a surge in COVID-19 infections, causing athletes to be at an increased risk of COVID 19 infection.

At the time of writing, Austria (where the National Junior team is predominately located for the first 4 weeks) has experienced a surge in COVID cases.

The COVID-19 virus is readily killed by soap and water, detergents, disinfectants and high alcohol content hand sanitiser. Cleanliness is the best defence, social distancing and wearing masks where social distancing is not possible. In addition, keeping within a “hygiene bubble” for each cohort of AUS National Team, their coaches and support personal, will be adopted.

PREVENTION, including adopting sensible protocols is the key message for a happy, healthy tour, with the key points as follows:

- a) All participants (athletes, coaches, team support personal) to be at least double vaccinated.
- b) Regular hand sanitising in public locations and tour accommodation.
- c) Use own towel and toiletries.
- d) Sneeze and cough into elbow or tissue (then discard) and hand sanitise immediately.
- e) Mask wearing (FFP2 or equivalent P2) in an indoor setting which is deemed at risk should be followed.
- f) An at-risk indoor setting is deemed as one where those in the setting are not members of an AUS Team program and social distancing (1.5m spacing between those in the room) is not possible. This includes vehicles.
- g) Athletes are **not** to go into accommodation rooms of athletes they may know outside of their AUS National Team program, whether in the same accommodation venue or another accommodation venue.
- h) Athletes are welcome to socialise with athletes outside of an AUS National Team program, but in a public area where social distancing is possible. It is also strongly recommended to wear a mask.
- i) Immediate notification to coaches and team support personal of any symptoms (fever, sore throat, runny nose, loss of taste, shortness of breath) with a RAT test to be taken.
- j) Isolation in the event of a positive test, and formal PCR testing by authorities to be sourced.

- k) Public transport should be avoided and travelling in vehicles other than a Team vehicle should be avoided. In the event of extenuating circumstances, permission maybe be granted, however it should be requested well in advance and must be granted prior to travel. Please note, it may not be granted.

Hired transport for the AUS Team will be used, to maintain the “bubble”.

In the Event of a Possible COVID diagnosis:

- 2) **Positive RAT result x 2 – as a result of symptoms being experienced as per 1(i).**
 - a) If an athlete tests positive on RAT, Covid-19 infection is POSSIBLE.
 - b) ALL people in the accommodation unit will be considered close contacts.
 - c) Athlete should stay in their room and isolate from others. Prepare a list of close and casual contacts.
 - d) All close contacts should undergo a RAT.
 - e) The athlete who tested positive should be accompanied to the Obertilliach Medical Centre, 400m from Haus Gatterer and undergo a 2nd RAT test. The accompanying person to take all PPE pre-cautions.
 - f) If **positive**, Covid infection is possible. ALL athletes remain isolated in accommodation.
 - g) The Coaches/Team Support personal will inform reception staff or hotel host of a positive RAT, and that a 2nd RAT is to be undertaken at the Medical Centre.
 - h) If the 2nd RAT is positive, the following steps are to be followed:
 - i) The Medical Centre will immediately PCR test the positive RAT x 2 person. The house parent will contact the health hotline (1450) with the assistance of the hotel staff.
 - j) The health authorities will arrange for PCR testing of positive person (probably already done) and/or close contacts.
 - k) The health authorities will decide who is a close or casual contact and isolation requirements.
 - l) Everybody in the accommodation unit will need to remain isolated until the result of the PCR test is known. If this is negative, the measures are terminated, and normal activities can resume.

3) Tour Member is a Close Contact of a Positive RAT Test

All Tour members should immediately take a RAT test. If any are positive, follow the protocols in (2) above.

If tour member who is a close contact is negative, the tour member should self isolate for 24hrs, take a further RAT at the end of 24hrs and if all clear, tour member can return to tour activities. If positive, follow the protocols in (2) above.

4) Positive PCR test

- a) You have Covid-19. It is likely that you will be asymptomatic, or only have mild symptoms. It is unlikely that a doubly vaccinated person will become seriously ill, although it is possible. Tyrol's hospitals are of a very high standard if admission is required.
- b) You should be isolated in a room by yourself (or with other Covid positive people). This may require room shifting by other members of the tour party.
- c) Isolation is required for 7 days or as directed by the authorities. During this time, you are not allowed to leave your accommodation or receive private visits. Close contacts in the unit will also have to isolate.

- d) Wear a mask if someone must come into your room to assist you. Masks help reduce the spread of the virus when you cough or sneeze. Change them if they become soiled or moist. Avoid touching the front of the mask.
A mask should be worn at all times if you have to leave the room.
- e) Sanitise frequently.
- f) Ideally the room should have its own bathroom. However, you are allowed to leave your room to go to the communal bathroom to use the toilet and shower. However, this should be done at a time when it is not being used by anyone else.
- g) The surfaces should be wiped down with disinfectant after use. You should always wear a mask outside your room. You should take your own toiletries and towels with you. Don't leave these in the bathroom.

5) Managing Isolation

- a) Food and water will be brought to you. It is lonely in isolation, so make sure you have brought reading material and quiet activities. It will be best to communicate with your friends by zoom, facetime or skype. If you are feeling well, you can exercise in your room.
- b) Try to keep a window open in your room to allow ventilation or open it every hour or so to vent the room to the outside. This will reduce the likelihood of spread of infectious air to the rest of the unit.
- c) Coaches and Team Support personal will check on you. They will hand sanitise before and after entering the room. They will wear a face-shield, mask and gloves. The face-shield can be wiped down with disinfectant after use, and gloves discarded.
- d) Your dirty clothes and towels will be washed separately.
- e) When you need to go to the toilet or shower, let others in the unit know so that they can move out of the way. Wear a mask. Wipe down surfaces after use and take all your towels and toiletries with you.
- f) If you feel that your symptoms are getting worse, let the coaches and team support personal know. They will contact the authorities and arrange for your care with the aid of the hotel staff.
- g) The authorities of the country you are in will decide when you need retesting with PCR, and when you and your close household contacts can leave isolation.
- h) Tour members from outside the unit will assist by supplying food, drink and other supplies. These should be left outside the door and collected once the supplier has had a chance to move away.
- i) The authorities may be able to assist with isolation if this is impractical in the accommodation.
- j) You will be allowed to re-join activities/fly home once you are testing negative on PCR or have been certified as non-infectious by the authorities.

6) Air Travel Behaviour

Athletes will be travelling on commercial airlines to their country of dis-embarkment. Airports and airlines have implemented their own COVID-19 protocols according to their country, which athletes must follow. These protocols may be subject to change and athletes should be prepared to adapt to changed circumstance, particularly by carrying a readily accessible mask. Generally, protocols may include:

- Proof of vaccination or negative PCR test may be required before travelling or both.
- Masks may be compulsory in some airports and on some planes.
- Social distancing should be maintained where possible when checking-in and walking through and waiting in airports.
- Do not travel if unwell.

- Use hand sanitiser regularly.
- Additional protection can be gained by wiping thoroughly with disinfectant where possible, your immediate environment, including remote and tray table if you choose to use it.