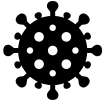




Overseas Travel, COVID-19 and other viral illnesses

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Background

- Many teams and individuals are planning to travel OS for international training and competition.
- COVID-19 remains prevalent in most parts of the world many parts of the world are currently seeing cases increase.
- COVID-19 vaccination reduces risk of serious illness related to COVID-19.
- Most Australian HP athletes are fully vaccinated.
- COVID-19 and other viral illnesses have the potential to seriously disrupt training and competition.
- COVID-19 can still cause serious illness and/or death, particularly in vulnerable individuals.
- COVID-19 isolation rules may vary from nation to nation, and even between jurisdictions within any given country.
- International Federations vary considerably in the COVID-19 regulations imposed on IF-sanctioned competitions.
- Isolation rules at any particular destination may vary over time, influenced by changing transmission rates.



Predeparture considerations

- All athletes and staff departing Australia should be up to date with COVID-19 and influenza vaccine.
- Any of the travelling party with medical vulnerabilities should have a 4th dose of COVID-19 vaccine, prior to departure.
- Individuals with respiratory symptoms should not join the group, regardless of COVID-19 status, unless the symptoms have resolved and preferably until cleared by a doctor.
- Travel insurance should cover COVID-related illness.
- Testing and isolation requirements of airlines and destination jurisdictions should be clarified.
- Transmission environment of the destination should be ascertained.
- Establish clear COVIDSafe protocols for overseas travel.
- Ensure everyone in the touring party receives appropriate education about COVID-19 protocols.
- Ensure adequate supply of masks (should be P2 or N95) and hand sanitiser.
 - Australian Olympic Team used AMD masks (<https://amdmed.com.au/>)
 - Education on how to wear a mask How to wear a mask | Australian Institute of Sport (<https://www.ais.gov.au/health-wellbeing/covid-19/how-to-wear-a-mask>).
- All travelling party should ensure they carry evidence of;
 - Vaccination status
 - Any past COVID-19 infection (laboratory result)



International travel

- N95 / P2 rated masks should be worn for transfers, public transport, at the airport and on the aeroplane.
- Avoid any unnecessary close contact with others.
- Masks should only be removed for eating and drinking.
- Hand sanitiser should be used frequently.
- Use antiseptic wipes to clean seat handles tray, belt buckle etc on aeroplane.
- Where possible overseas tours should be conducted with a travelling doctor.
 - Travelling doctors should be prepared for how they would investigate (RAT, local PCR testing) for respiratory illnesses, and how they would manage infectious individuals (isolation rooms, training provisions, etc).
- Travelling doctors should ensure they have adequate PPE supplies.
- Touring party should minimise socialising with groups outside of the tour party.
- High risk enclosed environments should be avoided during travel/tour.
- Masks should be worn in indoor public settings.





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