BACKGROUND

Since early the outbreak in December 2019 in Hubei province, the People’s Republic of China, global confirmed COVID-19 cases exceed 3.1 million with over 224,000 deaths on 30 April 2020.

TRANSMISSION

The main mode of transmission is via small droplets from the nose or mouth, secreted by an infected individual and transferred to other people by inhalation, touch or surface contamination.

Asymptomatic and presymptomatic individuals account for a significant proportion of transmissions.

PATHOPHYSIOLOGY

COVID-19 can affect multiple organ systems not just the respiratory system.

Approximately 20% of infected people develop serious or critical illness.

People of advanced age and those with co-morbidities are at increased risk of severe illness and death.

Currently there are no clinical data on possible long-term complications of COVID-19.

PREVENTION

Social distancing decreases the risk of transmission by reducing incidence of contact while enhanced hygiene reduces disease transmission, if a contact occurs.

TESTING

PCR testing is the preferred diagnostic test for a suspected case.

The role of serology for detecting antibodies remains unclear. At this stage, antibody testing is not recommended for routine care of suspected or confirmed COVID-19 patients.

Presence of antibodies against SARS-CoV-2 may not indicate immunity.

MANAGEMENT

COVID-19 management must minimise risk to the public and optimise the health of the athlete.

Patients with more severe symptoms and signs should be managed in an inpatient setting.

Early detection and contact tracing is crucial to mitigate risk of an outbreak.

Currently there are no medications that have been shown to alter the course of the disease.

PANDEMIC IMPACTS ON SPORT

COVID-19 has had a significant negative effect on the sport sector.

Loss of revenue from sponsorship, gate-takings and broadcast deals has resulted in job losses and reappraisal of operational imperatives.

Refer to The Australian Institute of Sport Framework for Rebooting Sport in a COVID-19 Environment for more information.