



# MIAMI-DADE COUNTY FRAMEWORK FOR REBOOTING SPORTS IN A COVID-19 ENVIRONMENT

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## INTRODUCTION

Sports make an important contribution to the physical, psychological and emotional well-being of our residents. The COVID-19 pandemic has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including sports. Resumption of sports can significantly contribute to the re-establishment of normality in Miami-Dade County.

The principles outlined in this document apply to community competitive and individual passive (non-contact) sports. This framework is a guideline for sporting activity to occur in a cautious and methodical manner, to optimise athlete and community safety. The priority at all times must be to preserve public health, minimizing the risk of community transmission.

## FRAMEWORK FOR THE RESUMPTION OF SPORT AND RECREATION ACTIVITIES

The resumption of sports and recreational activities is a careful process to be implemented to ensure the safety of athletes and other personnel and the wider community.

Preparation for resumption includes education of the athletes and other personnel, assessment of the sport environment and agreement on training scheduling to accommodate social distancing. The approach to training should focus on **'get in, train, get out'**, minimizing unnecessary contact in bathrooms and communal areas. Prior to resumption, sporting organizations should have protocols in place for management of illness in athletes and other personnel. Special consideration should be made for para-athletes and others with medical conditions as they may be more vulnerable to COVID-19 infection. Organizations and individuals should apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.

Individuals should not return to sport if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19. Any individual with respiratory symptoms (even if mild) should be considered a potential case and must immediately self-isolate, have COVID-19 excluded and be medically cleared by a doctor to return to the training environment.

Athletes returning to sport after COVID-19 infection should consult with their physician prior to resumption of high intensity physical activity. While there is increasing research on the multi-organ nature of COVID-19 in the acute phase, there is currently limited research on medium to long-term complications. Long-term decreased exercise capacity has been noted following previous related coronavirus infections — Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). Sudden increase in training load predispose to injury and a graded return should be considered.

Resumption of sporting activity may not be linear. Increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases. Sporting organisations need to be flexible to accommodate and respond to changes in community transmission rates and the associated changes in advice from CDC, State Health Guidelines and County Emergency Orders.

## PRINCIPLES FOR THE RESUMPTION OF SPORT AND RECREATION ACTIVITIES

1. Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to society emerging from the COVID-19 environment.
2. Resumption of sport and recreation activities should not compromise the health of individuals or the community.
3. Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.
4. All decisions about resumption of sport and recreation activities must take place with careful reference to these Principles following close consultation with CDC and State Health Guidelines.
5. Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Miami-Dade County. The framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases 1, 2 and 3 of the framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.
6. Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a non-contact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/ competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.
  - a. This includes the resumption of children's outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.
  - b. This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, swimming, etc.
7. Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor sporting (e.g. club rooms, training facilities, gymnasiums and the like).
8. At all times sport and recreation organisations must respond to the directives of CDC, State Health Guidelines and Local Emergency Orders. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.
9. The risks associated with large gatherings are such that, for the foreseeable future, community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary).
10. The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimize risk to those participating in sport and those attending sporting events as spectators (where and when permissible).
11. The safety and well-being of the Miami-Dade County community will be the priority in any further and specific decisions about the resumption of sport.