

Sport Wales COVID-19 Guidance Document: COVID-19 Testing in Elite Welsh Athletes

Scope

The scope of this document is to provide guidance for the management of Welsh athletes deemed 'Elite' by the National Sports Group and thus have dispensation to continue to train, compete and travel during the COVID-19 pandemic.

Asymptomatic Athlete Testing

This guidance provides a framework for sports when considering the testing of asymptomatic elite athletes. Possible scenarios for such testing includes:

- Regular testing of athletes to mitigate risk associated with training
- Testing of athletes pre and/or post travel, outside of Wales and overseas.
- Testing of athletes following a potential high-risk contact with a suspected or confirmed COVID-19 case

Opting-in or Opting-out

All athletes and staff will need to have opted-in to the process of continuing to train and compete during COVID-19 pandemic (details of the opt-in process are highlighted in sport RTP documents).

All athletes & staff should be provided with an ***education session explaining the testing process*** and ensure they *understand the strengths and weaknesses* of testing in asymptomatic individuals. All athletes and staff should then be given the option to opt in/out of the testing processes.

Type and Definition

The delivery of the testing process for each sport must be led by the COVID-19 Medical officer for that sport. The COVID medical officer will need to consider the type of testing available and need to be confident in the interpretation of the test findings.

PCR Laboratory Testing - SARS-CoV-2-RNA (nasopharyngeal and oropharyngeal swab + PCR) tests are currently the most sensitive and specific tests available. A positive test is defined by detection of particles of viral RNA (genes) on the RT-PCR test (Ct \geq 40).

*Lateral Flow Testing point of care testing – This form of testing provides less sensitivity and less specificity than PCR testing but provides rapid results within 30 minutes. This form of testing should only be used in **asymptomatic screening**, and any **positive result should be immediately confirmed by a laboratory PCR test and the athlete isolated until the result of the PCR test is available...** Caution is advised regarding the reliability of test and thus reflected in any decision making by the COVID medical officer.*

Testing Process

All testing kits must have a minimum two-step authentication process in place for identification i.e. at the time of building and at the time of taking/securing the sample

If the test is conducted by testing technician the tester must be donned in level two PPE i.e. gloves, mask, apron, and goggles/face shield. If a home testing (self-testing) is conducted the testing process must be overseen remotely by an experienced testing technician (e.g. COVID-19 Medical officer).

The Testing Technicians should have appropriate level of training to minimise sampling error. Once all tests have been completed, they should be placed in a security sealed container and transported to the laboratory

Previous Confirmed Cases

Current recommendations are that *no repeat testing* should be conducted of an **asymptomatic** individual within 90 days of previous positive result due to risk of a positive result from remnant RNA with no current acute infection.

Symptomatic Athlete Testing

Any Elite athlete displaying possible symptoms of COVID-19 should self-isolate immediately and liaise with their respective sports COVID-19 Medical Officer.

Athletes displaying symptoms of COVID-19 should follow PHW guidance and tested via the **PHW testing system** (<https://gov.wales/getting-tested-coronavirus-covid-19>). Lateral Flow testing should not be used in symptomatic individuals.

*Symptom resolution refers to the Public Health Wales listed symptoms of COVID-19, except for anosmia and persistent cough, as these symptoms are known to persist for several weeks after an individual is deemed non-infectious.

Management of Suspected COVID-19 Athletes/Staff or Positive Test Results

The following process is recommended for the management of positive test results (or development of symptoms if this precedes test) in an athlete or staff member. This process should be led by the sports **COVID-19 Medical Officer**.

1. Immediate notification and isolation of the person concerned
2. COVID Medical officer performs thorough contact tracing process to identify any high-risk contacts to the positive case (please see guidance document for contact tracing: *Sport Wales COVID-19 Test, Trace & Protect Guidance document*). Close contacts should be identified from the day of swab taken to **48 hrs prior** (or development of symptoms if this precedes test)
3. Sport Wales Medical Oversight Group notified (consent obtained)
4. COVID-19 Medical officer notifies local public health authority: Public health Wales 24 hour number: **0300 003 0032**. All positive tests must be shared with Public Health Wales to optimise the national Test, Trace and Protect (TTP) strategy. Email address:
5. Training group of athletes should be notified of positive result with advice to remain vigilant for symptoms.
6. Ensure that all home contacts are also notified. TTP will undertake contact tracing for those contacts outside of the sport. Contacts will be required to isolate. Contact tracing performed by the COVID-19 medical officer and the sport will be in line with current TTP guidelines. All contacts identified within the sport must be forwarded to TTP for follow up by the COVID-19 Medical officer
7. Ensure if athlete is abroad that they return home safely in-line with COVID-19 travel recommendations

Sport Wales COVID-19 Medical Oversight Group

Sport Wales Oversight Group will convene to discuss all positive test cases and provide support for the Sports COVID-19 Medical Officer in decision making processes.

The Oversight Group will consist of Clinical Manager, 2x Sport Wales Doctors, Operational Manager Sport Wales. The group will have specified contacts at WAG/Public Health Wales to assist with queries/concerns over contact tracing/virologist support.

Guidance Tables for the Management of PCR Test Results and Athlete Symptoms

(Not to be used with Lateral flow testing)

PCR result	Symptoms	Individual	Team	Household
Positive	Present	<p>10-day isolation and until fever has resolved. (Note cough and anosmia do not require extended isolation)</p> <p>No exercise for 7 days after symptoms resolve</p> <p>Reintegrate with sport after minimum 17 days and formal clearance from Sport COVID-19 Medical Officer</p> <p>No routine PCR screening retesting (asymptomatic) within 90 days</p>	<p>Quarantine of all potential close contacts until confirmed by Oversight Group and Public Health Wales</p>	<p>Quarantine for 10 days</p> <p>Contact tracing required via TTP</p>
Positive Convene Medical Oversight Group	Absent and remains absent throughout	<p>10-day isolation but consider retest after 3 days pending outcome of Oversight Group</p> <p>Second test negative:</p> <p>Possible reintegration with team after Oversight Group review and formal clearance from COVID-19 Medical officer and agreement with PHW</p> <p>Second test positive:</p> <p>Complete initial 10-day isolation period and reintegrate with team after Oversight Group review and</p>	<p>Quarantine of all potential close contacts until confirmed by Oversight Group and Public Health Wales</p>	<p>Quarantine until second test result</p> <p>Second test negative: needs review with medical oversight group + PHW</p> <p>Second test positive: Complete 10 days quarantine</p>

		<p>formal clearance from Sport COVID-19 Medical Officer</p> <p>No routine PCR screening retesting (asymptomatic) within 90 days</p>		Contact tracing through TTP/ Public Health Wales
<p>Positive</p> <p>Convene Medical/ Oversight Group</p>	<p>Absent but present prior to second test</p>	<p>Follow PCR Positive result and symptoms present process above</p>	<p>Quarantine of all potential close contacts until confirmed by Oversight Group and Public Health Wales</p>	<p>Quarantine for 10 days</p> <p>Contact tracing through TTP/ Public Health Wales</p>
<p>Negative</p>	<p>Present</p>	<p>Retest after 3 days after onset of symptoms</p> <p>Second test negative:</p> <p>Possible reintegration with team after formal clearance from COVID-19 Medical officer</p> <p>Second test positive:</p> <p>10-day isolation period from onset of symptoms until asymptomatic</p> <p>Reintegrate with team after minimum 17 days and formal clearance from COVID-19 Medical officer</p> <p>No retesting but recommences within weekly testing pool</p>	<p>No routine quarantine unless second test is positive, then quarantine of all potential close contacts until confirmed by Oversight Group and Public Health Wales</p>	<p>Quarantine for 10 days if second test is positive</p> <p>Contact tracing through TTP</p>

Table 1: Management of an individual's test result

PCR result	Symptoms	Individual	Team	Household
N/A	Present in household member	<p>Immediate quarantine until household member gets PCR test</p> <p>If test is positive, then individual quarantines for 10 days</p> <p>If test is negative reintegrate with team after discussion with Medical Oversight Group</p>	N/A unless also in household	<p>If test is negative no need for quarantine</p> <p>If test is positive household member isolates for 10 days and asymptomatic with rest of household quarantining for 10 days</p>

Table 2: Management of a household member with symptoms