



World Sailing Medical Commission Updated Advice on COVID-19 (Novel Coronavirus) outbreak

This is an update to the World Sailing Medical Commission advice in relation to the outbreak of the **Coronavirus disease 2019** (abbreviated "**COVID-19**"), that was published by WS on 17 February 2020. On 30th January 2020, the WHO Director General has declared the outbreak of COVID-19 as a *Public Health Emergency of International Concern*.

World Sailing is closely monitoring an outbreak of this respiratory disease that was first detected in Wuhan City, Hubei Province, China and which continues to expand. There are outbreaks of COVID-19 in several countries. This is a rapidly evolving situation. At the time of writing, numbers of cases outside China has surpassed the number of cases in China and globally there are 83,652 confirmed cases. In 51 countries outside of China, now are confirmed 4,691 (1,027 new) cases with 67 deaths (10 new).

The continued increase in the number of cases, and the number of affected countries over the last few days, are clearly of concern. WHO has now increased the assessment of the risk of spread and risk of impact of COVID-19 to *Very High* at the global level.

Following that determination, WHO have not recommended any travel or trade restrictions, based on the current information available.

Several governments have taken unprecedented steps related to travel in response to the growing public health threat posed by this new coronavirus that significantly interfere with international traffic. Eleven states are now reporting such measures against countries other than China, including Italy. No trade restrictions have been reported to date. Most of these measures are related to denial of entry of travellers originating from China or from countries reporting on-going transmission of COVID-19, quarantine requirements for foreigners, self-isolation of returning nationals, and visa restrictions. The public health rationale for these additional health measures is mainly linked to vulnerabilities (e.g. lack of capacity for diagnostic and response, small island states context) in receiving countries, and the uncertainties about the virus transmission and disease severity. Thus, all teams/athletes must be informed and follow national regulations of the country that is organizing an event. In some

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instances, athletes should be out of the particular country long enough to satisfy quarantine requirements.

The preparations for the Olympic Games Tokyo 2020 are continuing as planned. Countermeasures against infectious diseases constitute an important part of Tokyo 2020's plans to host safe and secure Games.

As you are all aware, the coronavirus COVID-19 has caused significant challenges to international travel for several countries and has highlighted the need to meet all requirements of the relevant health regulations in all countries hosting sports events. In this environment, and further to our previous contact with you all on this subject, we understand there are resulting impacts on a number of our sailing events, including Olympic qualification events for the Tokyo 2020 Olympic Games.

A major outbreak of COVID-19 took place in Lombardia, Italy and spread to Liguria region where at the moment there are 19 registered cases, none of them in the town of Genoa and surrounding area, where the World Cup and Olympic qualification event for Europe, Asia and Africa across 12-19 April 2020 is planned for. Following the measures taken by the Liguria Regional Government, the Italian Government schools were closed until March 1st, and until March 1st 2020, sports competitions in Liguria, such as in other Italy regions where cases of COVID-19 were found, were allowed only in absence of public (so-called " closed doors"). There was no limitation to training sessions.

Currently, there is no limitations on transport, including trains and flights. Italian airports have placed thermo-scans in the arrival and departure areas to detect suspect cases incoming to or departing from Italy. Following the outburst of COVID-19 in Lombardia, however, some Countries have put restrictions on incoming Italian travellers, varying from quarantine to denied access.

Mass gatherings are highly visible events with the potential for serious public health consequences if they are not planned and managed carefully. There is ample documentation that mass gatherings can amplify and spread infectious diseases. Respiratory infections, including influenza, have been frequently associated with mass gatherings. Such infections can be transmitted during the mass gathering, during transit to and from the event, and in participants' home communities upon their return.

The general risk for sailing events is considered as much lower, compared to indoor events, due to lower crowd density and nature of the contact between participants (not in direct contact with other competitors). The possibility to carefully layout an event venue also lowers the risk. The access to the sailing venue by non-registered participants can be minimized, and necessary meetings (i.e. hearings, technical meetings) can be controlled and organized in an adequate manner. The age of participants also contributes to lower risk assessment for sailing. The number of

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participants coming from COVID-19 affected countries/areas within the previous 14 days is significantly influencing the overall risk and is subject of our continuous monitoring. For such participants local legislation will apply and some countries have already displaced their teams for training in nonaffected countries to fulfil those requests.

The duration and mode of travel of participants is also affecting the risk and as the duration of the event is shorter than the incubation period for COVID-19, most event-associated cases would likely occur after the event as people travel and return to their home communities.

Tokyo 2020 Olympic Games

For the Olympic Games, World Sailing is exploring all possibilities to conduct the remaining qualification events, respecting the health regulations of the hosting territory of the event.

2020 Asian Championships - 15-22 March 2020, Abu Dhabi - United Arab Emirates (UAE)

Asian Olympic Qualifier for 5 Events

The ASAF Asian Championships 2020 is the Olympic qualification event for Asian in the Laser, Laser Radial, 49er, Men's RS:X and Women's RS:X. The Organising Authority (OA) of the event is UAE Sailing & Rowing Federation in conjunction with the Abu Dhabi Sailing and Yacht Club under the sanction of the Asian Sailing Federation.

Following the recent cancellation of events in the UAE, the OA are of the view that the ASAF Asian Championships can proceed as there will not be a large gathering of spectators and event group functions can be safely managed.

Within World Sailing, our Medical Commission are constantly reviewing the situation will provide teams with advice and guidance

2020 Hempel World Cup Series - 12-19 April, Genoa – Italy (ITA)

European Olympic Qualifier for 10 Events

Asian Olympic Qualifier for 2 Events

African Olympic Qualifier for 3 Events

World Cup organisers in Genoa have established direct links with the local and national public health authorities and this includes the local health service providers for the event. Our World Sailing Medical Commission member, Dr Luca Ferraris is at the site, monitoring the situation. Our initial risk assessment of the event in Genoa, that will be reviewed regularly during this planning phase, includes local public health authorities and is linked into the event organizing authorities. In relation to COVID-19 risk assessment it includes WHO updated technical guidance and up-to-date epidemiological situation.

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Being aware of the potential dangers of recent Novel Coronavirus, **World Sailing recommends to all teams to avoid all nonessential (i.e. training purposes) travel to Italy.** The risk assessment and final decision for the event will be coordinated and integrated with Italy's national risk assessment and authorities. The next update from the Italian Government for sports events in Italy is expected on 9 March.

Tokyo 2020 Olympic Games- 24 July - 9 August 2020, Japan (JPN)

The preparations for the Tokyo 2020 Olympic Games continue as planned. Countermeasures against infectious diseases constitute an important part of Tokyo 2020's plans to host a safe and secure Games.

Tokyo 2020 will continue to collaborate with all relevant organisations which carefully monitor any incidence of infectious diseases and will review any countermeasures that may be necessary with all relevant organisations. In addition, the IOC is in contact with the World Health Organization, as well as its own medical experts. We have full confidence that the relevant authorities, in particular in Japan and China, will take all the necessary measures to address the situation.

Basic Advice

There are some basic things that you should know:

- First, as we keep saying, clean your hands regularly with an alcohol-based hand rub, or wash them with soap and water as described in Chapter VIII of our *Medical Guidelines for the International Team Coach* (accessible at: <https://www.sailing.org/34171.php>). Touching your face after touching contaminated surfaces or sick people is one of the ways the virus can be transmitted. By cleaning your hands, you can reduce your risk.
- Second, clean surfaces regularly with disinfectant – follow advise and instructions from chapter V - C of our *Medical Guidelines for the International Team Coach*. Prepare yourself for this procedure before departing to the event.
- Third, educate yourself about COVID-19. Make sure your information comes from reliable sources – your local or national public health agency, the WHO website (<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>), or your local health professional.
- Everyone should know the symptoms – for most people, it starts with a fever and a dry cough, not a runny nose. Most people will have mild disease and get better without needing any special care.

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- If you have an underlying condition like a respiratory condition or diabetes, you have a higher risk of developing severe disease. You may wish to take extra precautions and avoid traveling to sailing event.
- Regardless how it is important to you, avoid traveling to an event if you have a fever or cough, and if you become sick while on a flight, inform the crew immediately. Once you get home, make contact with a health professional and tell them about where you have been.
- If you cough or sneeze, do it into your sleeve, or use a tissue. Dispose of the tissue immediately into a closed rubbish bin, and then clean your hands.
- If you get sick on sporting event or training camp, stay at home, and eat and sleep separately from your team, use different utensils and cutlery to eat. Follow closely the instructions from chapter V - C of our Medical Guidelines for the International Team Coach.
- Ninth, if you develop shortness of breath, call your doctor or medical officer at the event and seek care immediately.
- And tenth, it's normal and understandable to feel anxious, especially if you live or compete in a country that has been affected. Find and discuss out, what you can do to stay safe.

World Sailing continues to be in close communication with the World Health Organisation (WHO) and the IOC Medical and Scientific Commission Games Group public health experts in order to closely monitor the development of this outbreak and advised countermeasures.

Any MNAs or Classes with specific questions or concerns should contact the World Sailing Executive Office.

This advice will be updated as needed.

World Sailing Medical Commission

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