

Rowing New Zealand

**Rangatahi return to rowing
guidance following a positive
covid-19 case**



Guidance to schools regarding covid and return to rowing

It is important to understand that any person who has tested positive for covid in 2022 needs to consider the potential long term health risks of undertaking exercise, especially strenuous exercise, too soon after that positive test, even if they are symptom free.

- Guidance provided by RNZ should be considered alongside any direction provided by the Ministry of Health regarding Covid-19.
- School principals are responsible for the health of their student rowers and the symptoms related to Covid-19 and risks of returning to exercise, especially strenuous exercise, needs to be taken seriously.
- RNZ offers this guidance with a focus on the long-term health and wellbeing of your rangatahi rowers.
- Covid-19 is known to affect heart, lungs and brains. There is a very real risk if you exercise too early you could experience longer term covid and other health issues.
- It is critical to return your rowers to training using a safe and graduated approach.
- The guidance is to only return to exercise after at least seven days free of symptoms followed by a minimum of two weeks with minimal exertion.
- The specific needs of each individual rower should be guided by a medical expert (Doctor).

Return to rowing following a positive test for Covid-19

The following is provided by Rowing NZ as guidance to schools as you make serious decisions as to whether your students should, or should not, be rowing at the Maadi in 2022.

All rangatahi athletes (rowers) who have tested positive for Covid-19 in 2022 should seek medical advice from their doctor regarding a 'return to Rowing' before getting on an erg or in a boat for any level of duration, frequency, or intensity.

The doctor's advice should explicitly advise the rower on the risks of returning to physical activity. The advice should be specific regarding frequency (how often), duration (how long) and intensity (how hard), before doing any exercise.

Any rangatahi rower who has had severe covid symptoms in 2022 should not be rowing at the NZ Secondary Schools Championship (Maadi).

The following guidance is aimed at athletes (rowers) with (or had) mild to moderate symptoms of Covid-19.

Return to rowing post covid guidance for those who had mild or moderate symptoms

A rower who tested positive for Covid-19 in January or up to 27 February (inclusive) 2022	If a rower tested positive between 28 February and 13 March (inclusive) 2022	If a rower tested positive between 13 March and 27 March 2022 (inclusive) 2022	If a rower presents with symptoms and/or tests positive for Covid-19 after the start of Maadi on 28 March
<p>a. any rower who is still presenting any mild or moderate symptoms associated with Covid-19 should see their own Doctor before undertaking any rowing or other physical activity.</p> <p>b. if the school is aware the rower has ongoing symptoms they should require to see a medical certificate before allowing the rower back into training or racing.</p> <p>c. any rower who has had covid in this period, starts at Maadi following a medical clearance, and then presents symptoms during Maadi, should be withdrawn immediately from the regatta.</p>	<p>a. the school should seek a medical clearance from a Doctor providing clear a statement that the young person is fit and healthy to undertake strenuous exercise, such as multiple races at Maadi between the 28th of March and 2nd of April.</p> <p>b. any rower who tested positive in this period and still presents any covid related symptoms (mild or moderate) leading into the week prior to Maadi (21 - 27 March inclusive) should not be allowed to row at Maadi.</p> <p>c. any rower who has had covid in this period and starts at Maadi following a medical clearance, and then presents symptoms during Maadi, should be withdrawn immediately from the regatta.</p>	<p>a. if a rower tested/tests positive between March 14 and March 27 inclusive, irrespective of the severity of the symptoms, they should not be rowing at Maadi.</p>	<p>a. if a rower presents any symptoms or tests positive during the regatta they should be withdrawn immediately from the regatta.</p>

Covid-19 Symptoms

Rowers with COVID-19 experience a wide range of symptoms, ranging from mild symptoms to severe illness.

Symptoms can include one or more of the following:

- a new or worsening cough
- sneezing and runny nose
- a fever (high temperature)
- temporary loss of smell or altered sense of taste
- sore throat
- shortness of breath
- fatigue
- longer to recover from exercise than usual

Less common symptoms may include:

- new and persistent dry cough
- diarrhoea
- headache
- muscle pain or body aches
- nausea
- vomiting
- a general feeling of discomfort, illness or unease
- chest pain
- abdominal pain
- joint pain
- confusion or irritability