

# Covid 19 and Sports

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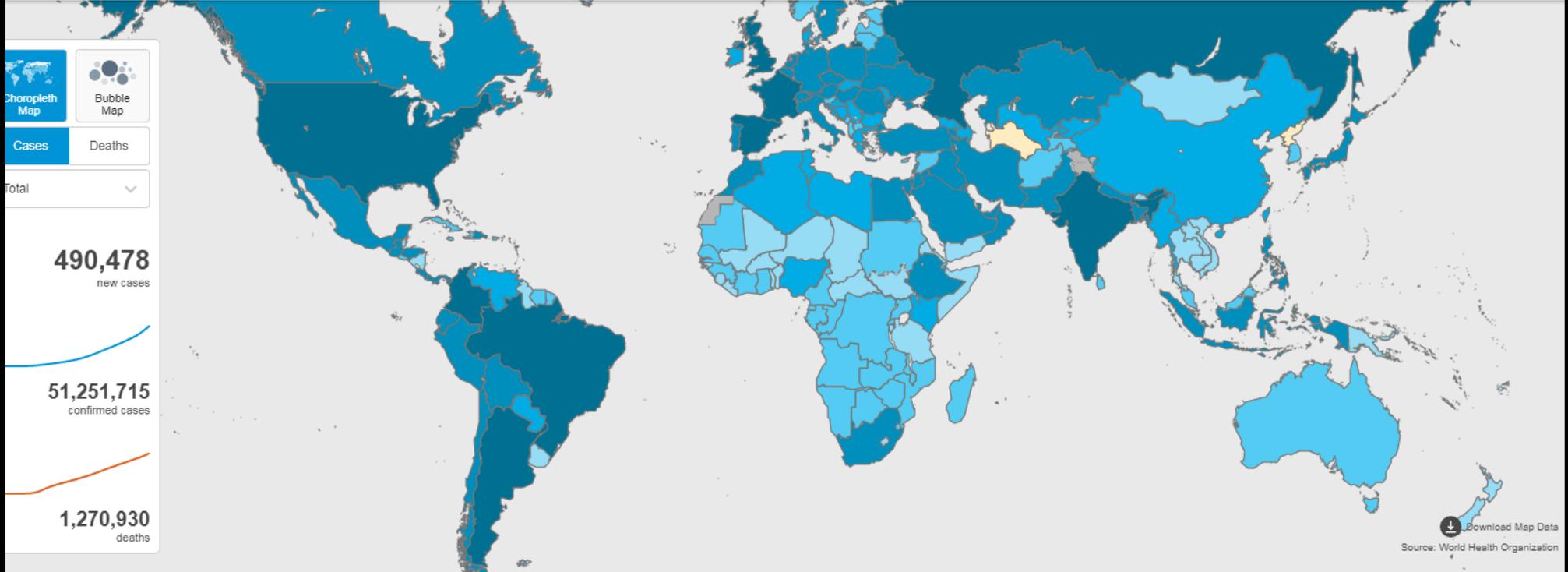
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### WHO Coronavirus Disease (COVID-19) Dashboard

Data last updated: 2020/11/11, 5:52pm CET



Globally, as of 5:52pm CET, 11 November 2020, there have been **51,251,715 confirmed cases** of COVID-19, including **1,270,930 deaths**, reported to WHO.

#### Global Situation



Daily | Weekly

**51,251,715**  
confirmed cases



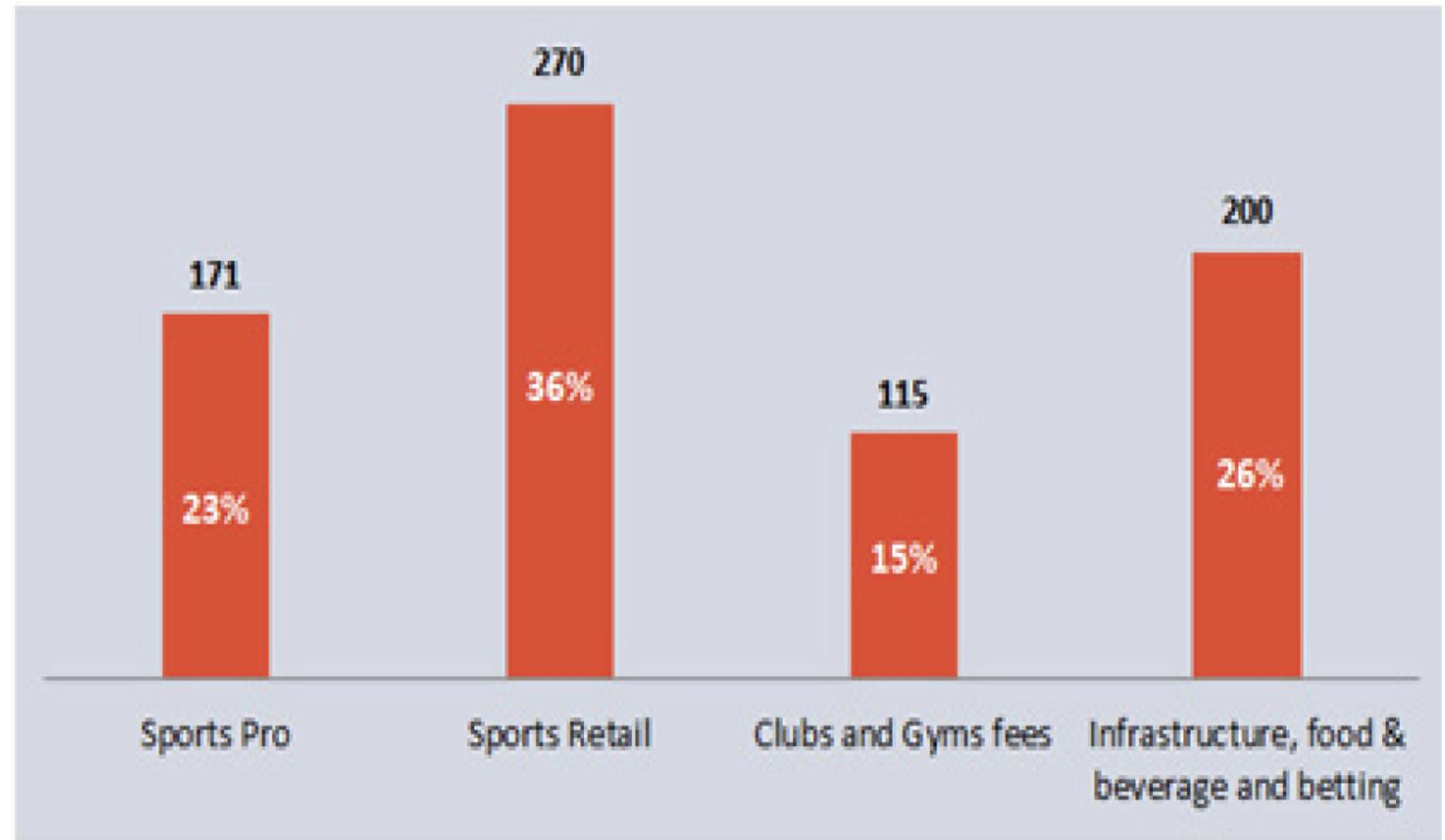
# Sport & Egyptian economy

- 140 thousands of Egyptians work in the field sports
- 4 millions Egyptians related indirectly to the sports fields
- 756 billions \$ is the sport market volume in the world
- 25% of Arabic market of sport in Egypt
- 1.8% of GDP of Egypt related to sport

# Sport Industry

## Global Revenues—Sports Industry

US\$ billion



Source: Sports Value.



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Office

# Social Impact of COVID-19 Survey June 2020

Measuring Comfort Levels around the Easing of Restrictions

## Comfort Levels with Social Distancing

% of respondents\* who currently feel  
**Very Uncomfortable**  
at the prospect of going to:

### Pub or Bar



**21.3%**  
Very  
Uncomfortable



**39.5%**

### Restaurant



**12.9%**  
Very  
Uncomfortable



**28.7%**



## Comfort Levels respondents\* currently feel at the prospect of

● Comfortable/Very Comfortable ● Uncomfortable/Very Uncomfortable



\* who participated in these activities prior to COVID-19

# COVID-19

- COVID-19 is a droplet-transmitted potentially fatal coronavirus pandemic affecting the world in 2020. The WHO recommended social distancing and human-to-human contact was discouraged to control the transmission. It has put many countries in a state of lockdown and sporting events (including the 2020 Olympics) have been affected

# COVID-19

- The average median incubation period was estimated to be around 5 days, majority of those who will develop symptoms will do so within 11.5 days, and approximately 1% will develop symptoms after 14 days.

# COVID and heart

- 40% of COVID have cardiovascular or cerebrovascular disease and 60% of them have myocardial injury and 8.7% developed shock however mortality rate is 1.4% in the young
- Cardiac injury have higher ECHO abnormalities and mortality rate is 18% VS 5 %
- Mortality rate in ECHO abnormalities is 31%
- (RV dysfunction) 26%
- (RSWMA)23%
- DD 18%
- Effusion 7%

# Are some sports safer than other

- Sports that require close interaction, are played indoors, and share equipment may pose a greater risk for COVID-19 infection or transmission. The virus spreads mainly from person-to-person among other ways. The more people a player or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer the interaction, the higher the risk of COVID-19 spread

# Different sports have different COVID-19 risks

STAY SAFE MN

HIGH



MEDIUM



LOW



## **To determine which sports are safer to play during the COVID-19 pandemic, consider the following:**

- **Physical closeness of players during play**
- **Amount of necessary touching of shared equipment and gear**
- **Ability to engage in social distancing while not actively engaged in play such as when on the bench or sideline**
- **Age of the player and their ability to comply with social distancing and other protective actions**
- **Size of the team and field of play**
- **Presence of nonessential visitors, spectators, volunteers during practices or games**
- **Travel required outside of the local community**

# Youth Sports & COVID-19

LOWEST RISK

HIGHEST RISK



Skill-building drills or conditioning at home.



Team-based practice.



Within-team competition.



Competition between teams from the same geographic area.



Competition between teams from different geographic areas.

Source: CDC



American Red Cross

# Immunity and sports

- **Although moderate-levels of exercise can boost overall immunity**
- **Intensive and prolonged physical exertion has been linked with an ‘open-window’ of impaired immunity up to 72 h after the exercise**
- **The coronavirus is a respiratory pathogen and previous studies have shown that the risk of upper respiratory tract infections was almost six times more likely in endurance races.**

# The risk of virus transmission during football games

- Avoiding contact and good personal hygiene are key to prevent infection transmission. However, bodily contact is inevitable in football training and competitions. In addition, infection-risky behaviours, such as spitting and touching the face, are not uncommon during football games.

# The risk of virus transmission during football games

There was an average of 52 episodes of infection-risky behaviours per 90 min of professional football. This reaffirms that playing football certainly poses an infection transmission risk.

# Do you recommend to wear masks during play

- **Masks are most important when physical distancing is difficult. Therefore, encourage social distancing as much as possible. People wearing masks should be reminded to not touch their mask and to wash their hands frequently**

# Effects of exercising with a facemask

- The issue of wearing facemasks during outdoor activities became a topic of interest
- With the increased cardio-respiratory burden following masked exercise, it is important to stay within safe limits. This is especially true for more mature hikers and those with multiple comorbidities; in general, it will be wise to rest when the heart rate exceeds 150 beats per minute<sup>39</sup> and/or 70% of age-predicted maximum heartrate.

**Masked exercises increase physiological demands, therefore activities should be adjusted according to the individual's ability.**

# How frequent should we screen athletes ?

- If feasible, conduct daily health checks (symptom checking) of coaches, officials, staff, and players safely and respectfully, and in accordance with any applicable privacy and confidentiality laws and regulations.

# Do we need to disinfect surfaces

- CDC recommends that you clean and disinfect equipment and frequently touched surfaces on or around the field, court, or play surface such as drinking fountains at least daily, or between uses as much as possible. Shared objects and equipment such as balls, bats, gymnastics equipment, and protective gear should be cleaned and disinfected between use by different individuals if possible.

# What should we do if an athlete proved to have COVID -19

- **First, make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify sports program administrators**
- **Second, close off areas used by a sick person within the last 24 hours and do not use these areas until after cleaning and disinfecting them. For outdoor areas, this includes surfaces or shared objects in the area, if applicable.**
- **Third, in accordance with state and local laws and regulations, sports organizations should notify local health officials**

## **If one player gets Covid 19 does the entire team should b in quarantine**

- Yes. Consult with local health officials if you determine your team or coaches have been exposed to COVID-19.

# COVID-19: What to know

## How it spreads:



Transmission between people within 6 feet of each other.

Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

## How to protect yourself:

Avoid close contact with people who are sick.

Put distance between yourself and other people. This is especially important for people who are at higher risk of getting very sick.



Wash hands often for at least 20 seconds with soap and water.

Use a hand sanitizer if washing hands is not an option.

Avoid touching your eyes, nose, and mouth with unwashed hands.



## How to protect others:



Stay home if you are sick, except to seek medical care.

Clean and disinfect frequently touched surfaces daily: doorknobs, tables, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.



Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Wash your hands as instructed in panel 2.



If you are sick, wear a facemask when you are around other people.

If you are not sick, wear a facemask when caring for those who are sick.

These tips are from the Centers for Disease Control and Prevention. For more info and updates, visit [cdc.org/coronavirus](https://www.cdc.org/coronavirus)