

UNDERSTANDING CLASSROOM CONTACTS AND IMPACT ON SPORT AND ACTIVITY



Sport is important for mental and physical wellbeing and should be encouraged when safe. SASMA medical experts recognise that SA Health guidelines (released March 7 2022) suggest that parents and students make decisions about playing sport according to their own individual circumstances. We have developed this risk matrix to help you understand your own individual COVID risks and we suggest that those who fall into the high risk category consider staying home from sport (or selecting a less risky sport/activity if possible) until they fall into a lower risk category. Please note that SA Health do not consider extra-curricular school sport any differently to club sport or organised recreational activity. This risk matrix applies equally to all sport for anyone who is a current classroom contact.

IDENTIFY THE NATURE OF YOUR SPORT/ACTIVITY

**INDOOR
SPORT/ACTIVITY**

**SHARED EQUIPMENT
BATS, BALLS AS WELL AS
TRANSPORT (TEAM BUS)**

**OUTDOOR
SPORT/ACTIVITY**

CHILD HAS SYMPTOMS EG. COUGH, FEVER, RUNNY NOSE, ACHES

DO NOT PARTICIPATE IN ANY SPORT/ACTIVITY

CHILD OR A CLOSE FAMILY MEMBER HAS AN EXISTING MEDICAL CONDITION THAT INCREASES THEIR COVID RISK

HIGH RISK - CONSIDER AVOIDING SPORT UNTIL YOUR RISK IS LOWER

MEDIUM RISK - CONSIDER APPLYING COVID-SAFE MEASURES AND RETURNING TO SPORT/ACTIVITY

CHILD IS UNVACCINATED

HIGH RISK - CONSIDER AVOIDING SPORT UNTIL YOUR RISK IS LOWER

MEDIUM RISK - CONSIDER APPLYING COVID-SAFE MEASURES AND RETURNING TO SPORT/ACTIVITY

CLASSROOM HAS MORE THAN 5 CURRENTLY ACTIVE CASES

HIGH RISK - CONSIDER AVOIDING SPORT UNTIL YOUR RISK IS LOWER

CLASSROOM HAS LESS THAN 5 CURRENTLY ACTIVE CASES

MEDIUM RISK - CONSIDER APPLYING COVID-SAFE MEASURES AND RETURNING TO SPORT/ACTIVITY