COVID-19 Advisory: Recommendations and Prevention

Below is a guideline developed by the FINA COVID-19 Task Force on 29 July 2020 to address a safe return to aquatic sport following COVID-19.

FINA Back To Water Guidelines after COVID-19

Please find below message 'Return to Training and Competition' from the FINA Sports Medicine Committee to FINA Athletes on June 8, 2020.
Following the declaration of World Health Organisation that the current COVID-19 outbreak has now reached a worldwide pandemic status, FINA advises its members, athletes and aquatic fans to maintain good hygiene and have prevention measures against COVID-19. Below documents can be used as a reference for prevention of COVID-19 and routines for workout at home.

Prevention of Covid-19

Home Workout routines

Covid-19 - Mentally Fit

Watch the video: Stay Healthy at Home

The recently-created FINA Taskforce considered the impacts of the current situation with regard to the health of our athletes by assessing the risks of hosting forthcoming FINA competitions. A number of significant decisions were made to postpone or cancel events. FINA's overriding concern at this challenging time is to proactively safeguard the health of all event participants, and also to safeguard public health in general.

In addition to the outbreak itself, government restrictions and guidance on events and travel as well as recommendations of the World Health Organisation and the International Olympic Committee have been considered carefully by FINA's COVID-2019 Taskforce. FINA has also been in discussion with the host federations and committees involved, to which FINA remains deeply grateful for their efforts to further Aquatics.
WADA ADVISORY

WADA understands that athletes have questions concerning antidoping in light of the ongoing COVID-19 pandemic. Therefore, with the help of our Athlete Committee, WADA have developed a Q&A document that covers some of your most frequently asked questions:

WADA whereabouts information for athletes

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ATHLETES 365 ADVISORY

We also recommend to check below webpage for updates from IOC for Corona Virus advice to all athletes in general: