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Sports Specific Training Nodes and Training Bubbles

As there are varying definitions across regions and countries the following are sport related definitions and guidelines for training nodes and bubbles. It is important to note that even within nodes and bubbles regular preventive measures, sanitation, physical distancing and face covering guidelines need to be adhered to.

Training Node: A small group of athletes including coaches and essential support staff that form a defined training group variable number depending on the region as prescribed by public health authority) for all training sessions. Members do not necessarily live together but limit all socialisation (including commuting) as much as possible to this group only (excluding family member(s) or partners sharing a home dwelling). Members live in their normal community and do not integrate with other training groups or nodes. The 2 m distance is maintained at all times except where needed and approved for training.

Training Bubble: A training or competition group that lives, commutes and trains together in self-contained isolation from the general community. All members remain in this isolation 'bubble' at all times and food or general supplies are brought into the bubble in a controlled manner. Prior to entering the training bubble members may require pre-isolation and / or testing. During the time "in bubble" regular testing may be appropriate (especially early on in the confinement to the bubble) to help ensure limited transmission. Once a person leaves a training bubble, they require quarantine or testing prior to re-entry.

Specific Recommendations for Testing

All members of both nodes or bubbles must complete daily symptom checks prior to training, competing or entering any common areas.

Training Node: Testing would only be done in the case of a member of the node presenting with symptoms on the recommendations of the medical staff. It would be coordinated through the local health authority and follow all the guidelines as set out in the SMAC document on testing (can link it in)

Training Bubble: Prior to any member entering the bubble a PCR test would be administered through local health authorities with a negative result required and documented within 24 hours prior to entering the bubble. Between Day 3 - 5 after entering the bubble a second test would be completed. Until second test returns negative, participants will maintain physical distancing, wash hands and use masks indoors, and train in isolation. If for any reason a member leaves the bubble, they would need to repeat this process and remain isolated until a second negative test result is available.

If at any point a person develops symptoms they would be isolated within the bubble and follow medical advice regarding testing and further treatment.