

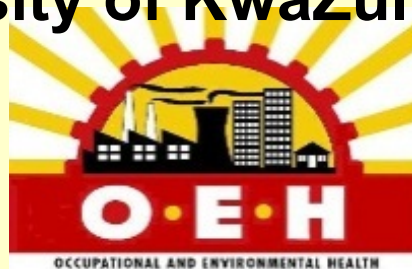


UNIVERSITY OF  
KWAZULU-NATAL  
INYUVESI  
YAKWAZULU-NATALI

# Preparing for the Return-to-Swim: The Epidemic Framework

**Rajen Naidoo**  
**Associate Professor**

**Occupational and Environmental Health**  
**University of KwaZulu-Natal**



# Introduction

- South African government approach:
  - Early intervention > flatten the curve
- Concerns about acting too radically, too soon
- Major economic consequences particularly for marginalized communities, but also extending into those self employed
- Debates about the Alert Levels adopted by Government
- Stakeholder consultation on ongoing basis

# Disaster Management Regulations

- Our first case was diagnosed on 5 March 2020.
- The Disaster Management Regulations was signed into law on 17 March 2020
  - “the steps necessary to prevent escalation...or alleviate, minimize or contain the effects...”
- The amended “Lockdown” Regulations: 25 March 2020
- The replacement “Alert Level” Regulation: 29 April 2020

# Current Epidemic Status

- <https://www.worldometers.info/coronavirus/country/south-africa/>

# Risk-Adjusted Strategy

- **SYSTEM 1** Alert system to determine the level of restrictions in place nationally, in provinces and in districts
- **SYSTEM 2** Industry classification for readiness to return at each level based on criteria, together with restrictions that should remain after the lockdown regardless of the alert level
- **SYSTEM 3** Enhanced public health and social distancing arrangements at workplaces and public spaces

# System 1

|                |  |
|----------------|--|
| <b>Level 1</b> | <b>Low virus spread, high health system readiness</b>                |
| <b>Level 2</b> | <b>Moderate virus spread, with high readiness</b>                    |
| <b>Level 3</b> | <b>Moderate virus spread, with moderate readiness</b>                |
| <b>Level 4</b> | <b>Moderate to high virus spread, with low to moderate readiness</b> |
| <b>Level 5</b> | <b>High virus spread, and/or low readiness</b>                       |

# System 2

- Risk of transmission (including ease of implementing mitigation measures)
- Expected impact on sector of lockdown
- Value of sector to economy
- The promotion of community wellbeing and the livelihoods of the most vulnerable

# Sectoral Impact

- Likelihood of transmission
- Sectoral organization or regulation
- Localised/level of movement of people
- Links with essential services



# Level 3 Approach

- Reported in Business Day (26/05/20):
  - The rate of coronavirus infections; and
  - Government's health-system readiness

# Our Sport within this Context



- There are a few compelling reasons for aquatic sport to obtain reprieve during the lockdown:
  - Health and exercise are important in reducing the severity of the illness
  - Our coaches and instructors experience a substantial financial impact

# Case for Aquatics RTS

- Ability to control transmission
- Economic impact
- Health benefits
- Community wellbeing

# Thank you!

Rajen Naidoo

Occupational and Environmental Health

School of Nursing and Public Health

University of KwaZulu-Natal

[naidoo@ukzn.ac.za](mailto:naidoo@ukzn.ac.za)

doeh.ukzn.ac.za

031-260 4385/4070