

# AWARE Research Study

## Athlete With Acute Respiratory infection

Including  
COVID-19

The Sport, Exercise Medicine, Lifestyle Institute (SEMLI) at the University of Pretoria, through the IOC Research Center of South Africa, is leading an international research study to better understand the health impact of respiratory tract infections, including COVID-19, in athletes. The AWARE Study aims to understand more about the effects of respiratory tract infections, including COVID-19, in athletes, how severe these infections are, and the impact of these infections on athletes as they return to training and competition. Due to the novelty of COVID-19 in particular, we do not know much about its effect on athletes.

### *Importance of the AWARE Research Study*

This information is required urgently so that health professionals can advise competitive and recreational athletes around the world, as they return to sport following COVID-19 or another acute respiratory infection. Athlete participation will make a significant contribution to science, improving the medical care of athletes, and formulating safe, scientifically-based return to sport guidelines after a respiratory tract infection, including COVID-19.

### *Participation involves the completion of a questionnaire*

The inclusion criteria is listed below:

- ✓ **Athletes, age 18-60 yrs.** – All levels of athletes included – competitive recreational, semi-elite, elite; with or without a disability,

**AND**

- ✓ **Symptoms of a respiratory tract infection (any flu-like illness, including COVID-19) in the last 6 months** – Sore throat, blocked / plugged or runny nose, cough, loss of smell or taste, difficulty in breathing, chest pain, fever or chills, excessive tiredness or unexplained general muscle / body pain,

**OR**

- ✓ **A positive (or negative) COVID-19 test in the last 6 months?** – With or without symptoms.

### *An international, multicentre, research project in collaboration with:*

*International Olympic Committee (IOC), FIFA, World Rugby, World Athletics and a number of South African and international research institutions*

*See the collaborator pages below*

## Contact

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Please click on the link to complete the questionnaire in your language of choice:

**English:** [https://is.gd/awarestudy\\_v1](https://is.gd/awarestudy_v1)

**Spanish:** [https://is.gd/awarestudy\\_V1\\_Spanish](https://is.gd/awarestudy_V1_Spanish)

**French:** [https://is.gd/awarestudy\\_V1\\_French](https://is.gd/awarestudy_V1_French)

**German:** [https://is.gd/awarestudy\\_V1\\_German](https://is.gd/awarestudy_V1_German)





The  
**AWARE** Research Study  
*Athlete With Acute Respiratory infEction*



National and international collaborators and partners

**International Olympic Committee (IOC)**  
Research Center of South Africa







The  
**AWARE** Research Study  
*Athlete With Acute Respiratory infection*

**SEMLI**  
Sport, Exercise Medicine & Lifestyle Institute  
with collaborators & partners

South African collaborators and partners

Prof	Martin	Schwellnus	Director	SEMLI, University of Pretoria; IOC Research Center of South Africa
A/Prof	Paola	Wood	Head of BSportSci Programme	SEMLI and Department of Physiology, University of Pretoria
Dr	Carolette	Snyders (Cloete)	Sports Physician	SEMLI, University of Pretoria
Ms	Kelly	Kaulback (Muller)	Biokineticist	SEMLI, University of Pretoria
Dr	Nicola	Sewry	Senior Post-Doctoral Fellow	SEMLI, University of Pretoria
Prof	Christa	Janse Van Rensburg	Head Section Sports Medicine	SEMLI, University of Pretoria; SASMA (president)
Ms	Esme	Jordaan	Senior Statistician	Biostatistics Unit, SAMRC, IOC Research Center of South Africa
Ms	Sonja	Swanevelder	Statistician	Biostatistics Unit, SAMRC, IOC Research Center of South Africa
Mr	Ishen	Seocharan	Senior Data Manager	Biostatistics Unit, SAMRC
Prof	Wayne	Derman	Director	ISEM, University of Stellenbosch; IOC Research Center of South Africa, IPC
A/Prof	Jon	Patricios	Director	Wits Institute for Sport and Health (WISH), University of Witwatersrand
Prof	Benita	Olivier	Personal Professor Musculoskeletal Physiotherapy; Director of Research	Wits Institute for Sport and Health (WISH), University of Witwatersrand
Dr	Phathokuhle	Zondi	Medical Advisory Commission	South African Sports Confederation and Olympic Committee (SASCOC)
Mr	Clint	Readhead	Senior Medical Manager	South African Rugby Union (SARU)
Dr	Nicholas	Theron	Sports Physician	University of the Free State; Cheetahs Rugby Union
Dr	Lervasen	Pillay	Sports Physician	Wits Sport and Health (WiSH), Faculty of Health Sciences, University of the Witwatersrand and University of Pretoria

International collaborators and partners

Prof	Lars	Engebretsen	Head of Medical Sciences	International Olympic Committee (IOC)
Dr	Richard	Budgett	Medical and Scientific Director	International Olympic Committee (IOC)
Dr	Torbjørn	Soligard	Scientific Manager	International Olympic Committee (IOC)
Dr	Andrew	Massey	Medical Director	FIFA
Dr	Éanna	Falvey	Chief Medical Officer	World Rugby
Dr	Paolo Emilio	Adami	Medical Manager	Health and Science Department, World Athletics
Dr	Sergio	Migliorini	Medical Committee Chair	World Triathlon
Prof	Jonathan	Finnoff	Chief Medical Officer	United States Olympic and Paralympic Committee (USOPC); Mayo Clinic Department of Physical Medicine and Rehabilitation
A/Prof	Jane	Fitzpatrick	Sports Physician	University of Melbourne
Prof	David	Pyne	Research Professor	Research Institute for Sport and Exercise, University of Canberra
Dr	Addy	Bamberg	Medical Coordinator	IRONMAN Argentina
Dr	Maarit	Valtonen	Research Physician; Chief Medical Officer	KIHU - Research Institute for Olympic Sports, Jyväskylä, Finland
Dr	Katja	Mjøsund	Research physician; Senior Advisor	KIHU - Research Institute for Olympic Sports, Jyväskylä, Finland and Paavo Nurmi Centre & Department of Physical Activity and Health, University of Turku, Turku, Finland
A/Prof	Lars	Pedersen	Consultant Respiratory Physician	Bispebjerg Hospital, Copenhagen University Hospital
Dr	Nirmala	Perera	Social Media Coordinator, IOC World Conference on Prevention of Injury and Illness in Sport	Private capacity