

# COVID-19 GRADUATED RETURN TO PLAY FOR PERFORMANCE ATHLETES: GUIDANCE FOR MEDICAL PROFESSIONALS

JUNE 2020 EDITION

## INDICATORS OF COVID-19 INFECTION

SHORTNESS OF BREATH

NEW, PERSISTENT DRY COUGH

FEVER

GI SYMPTOMS SUCH AS DIARRHOEA & NAUSEA

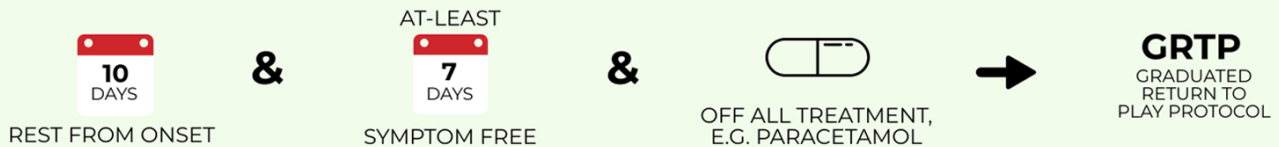
LOSS OF TASTE AND SMELL

THIS GUIDANCE IS AIMED AT ATHLETES WITH MILD TO MODERATE SYMPTOMS OF COVID-19. ATHLETES SHOULD FOLLOW LOCAL GOVERNMENT GUIDELINES OF COUNTRY OF RESIDENCE FOR MANAGEMENT OF SYMPTOMS INCLUDING ISOLATION AND TESTING PROCESSES. ATHLETES WHO HAVE MORE COMPLICATED INFECTIONS, OR REQUIRED HOSPITAL SUPPORT SHOULD HAVE A MEDICAL ASSESSMENT BEFORE COMMENCING GRTP. ASSESSMENT MAY INCLUDE:

BLOOD TESTING FOR MARKERS OF INFLAMMATION (HS-TROP, BNP, CRP), CONSIDER RENAL & HAEMATOLOGY MONITORING

CARDIAC MONITORING (ECG, ECHO, ETT, CARDIAC MRI)

RESPIRATORY FUNCTION ASSESSMENT (SPIROMETRY)



## GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION

	STAGE 1 10 DAYS MINIMUM	STAGE 2 2 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 2 DAYS MINIMUM	STAGE 5 EARLIEST DAY 17	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	RETURN TO COMPETITION IN SPORT SPECIFIC TIMELINES
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	

ACRONYMS: I-PRRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)

NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT



INFOGRAPHIC CREATED BY UK HOME COUNTRIES INSTITUTES OF SPORT; ELLIOTT, N. ELLIOTT, J. BISWAS, A. MARTIN, R. HERON, N.

# COVID-19 Care

NetballSmart can help your transition through the RTP stages:

## Stage 1 7-10 days

- Walking and activity of daily living.
- Light Core programme when feeling well enough – **NetballSmart Core and Stability Programme**.
- Light Body weight strengthening when feeling well enough – **NetballSmart Body Weight Strengthening**.
- Simple **NetballSmart Roller and Stretching** activity may be useful at this stage.

## Stage 2 2 days (min)

- Light aerobic activity – see **Running, Biking and Body Weight Circuits** for some ideas. Keep the intensity low.
- Check your heart rate – less than 70% of your max heart rate (220 – age) and work for 15 mins only.
- Monitor how you feel the next day – must not be more fatigued than day before.
- Use **My Smart Roadmap** to aid recovery.

## Stage 3A 1 day (min)

- Increase the intensity of the activity to less than 80% of max heart rate.
- Use **Running, Biking and Body Weight Circuits** for some ideas.
- Or use the **Preparation Programme**. This programme is more Netball specific.
- Check heartrate and modify intensity as necessary and work for 30 mins.

## Stage 3B 1 day (min)

- Use the **NetballSmart Dynamic Warm-Up** at training.
- Use the **Preparation Programme** to help plan training.
- **Year 9 & 10 Starter programme** may be a useful resource.
- Keep heart rate less than 80% of maximum heart rate and work for 45 mins.

## Stage 4 2 days (min)

- Back into Netball training. Start with the **NetballSmart Dynamic Warm-Up**.
- And progress into a full training session.
- Keep heart rate less than 80% of max heart rate and train for 60 mins.
- Maximise recovery – use **My Smart Roadmap** to aid recovery.

## Stage 5 2 days (min)

- Back into high intensity and full and normal Netball training leading into competition.
- Use the **NetballSmart Dynamic Warm-Up** for all trainings.
- Maximise recovery – use **My Smart Roadmap** and **NetballSmart Roller and Stretching** activity to aid recovery.

RETURN TO PLAY