

## RETURN TO EXERCISE **GUIDELINES POST COVID**







ACTIVITY DESCRIPTION

MINIMUM REST PERIOD

LIGHT ACTIVITY

RESUME NORMAL TRAINING PROGRESSIONS

NORMAL TRAINING ACTIVITIES

RETURN TO COMPETITION SPORT SPECIFIC TIMELINES

EXERCISE













DURATION

ORIECTIVE

MONITORING





INCREASE HEART RATE















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

INCREASE LOAD GRADUALLY. MANAGE ANY POST VIRAL FATIGUE SYMPTOMS

## **GRTP CLINICAL RED FLAGS**

If any of the "red flags" noted below or other concerning symptoms occur, a medical practitioner should be consulted immediately. As a minimum, the athlete should rest and reattempt the previous stage after at least 24hrs without symptoms before progressing again.

It is recommended a medical practitioner is consulted at any stage if there are concerning symptoms or indications of a "red flag"



DYSPNOEA / Severe or

MENTAL HEALTH CONCERNS

CHEST PAIN Dull, sharp, central or left sided with radiation to back neck or arms



**PALPITATIONS** 



FATIGUE Overall or excessive fatigue / failure to



fainting / passing out

UNUSUALLY HIGH HR during exercise or slow HR recovery Noted on cessation of exercise and compared to previous known HR responses





UNUSUALLY HIGH RPE