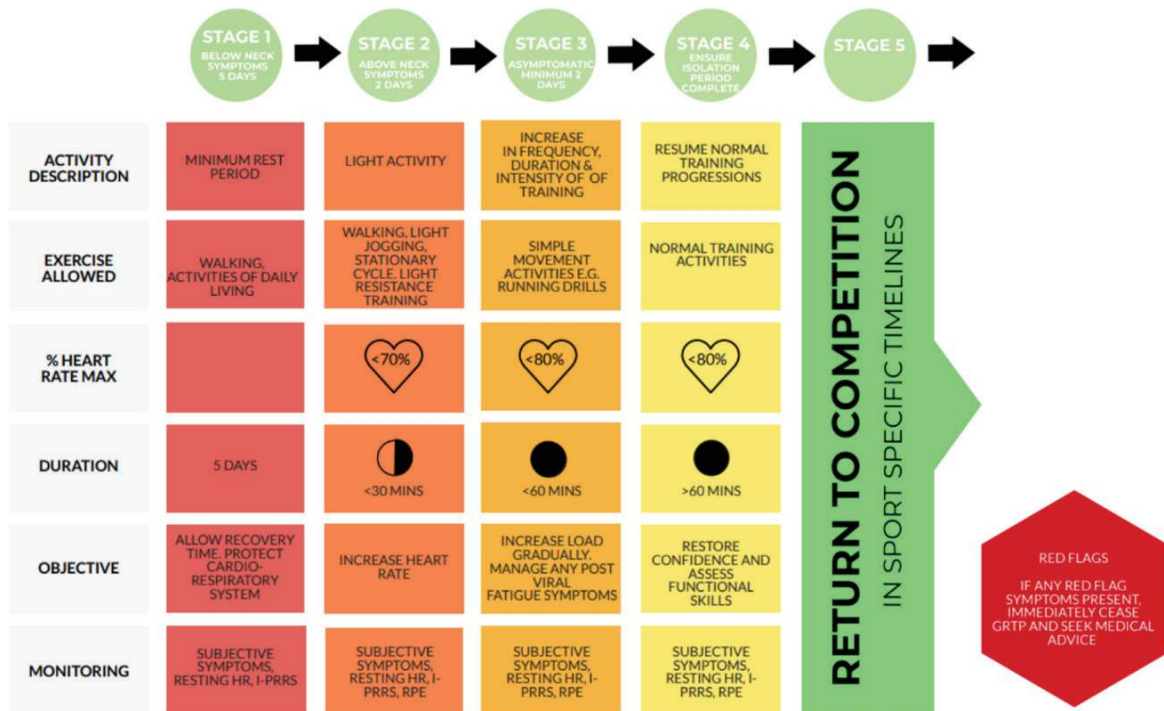




RETURN TO EXERCISE GUIDELINES POST COVID

GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION



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

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

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"

