Covid-19 Principles of Return to Training



earliest

Day 15

Guidance for competitive level gymnasts returning to training after mild to moderate symptoms of Covid-19 – information for gymnasts, coaches & parents



minimum rest period for mild symptoms

If you develop symptoms consistent with coronavirus or have been diagnosed following a test, you should have at least 5 days of complete rest before restarting any physical activity.

You must follow the mandated isolation period.



Training too soon in the course of the illness could have longer term impacts on heart and lung health.

Infographic developed with support from **Dr. Carrie McCrea**

Sources

UK Home Countries Institutes Of Sport (2021) coronavirus graduated return to play for performance athletes

sportscotland Institute of Sport (2020) Covid-19 Factsheet on Immunity & Training.

COACHING CONSIDERATIONS

progress must be driven by the gymnast's individual response to training

this can be measured and monitored using an RPE scale

when returning, if the gymnast feels unwell or has any concerns, you should stop training and seek medical advice.

GYMNAST
JOURNEY
RETURNING
TO TRAINING





Stage 3

continue to build individual skills and basics gradually increase training duration introduce low level fitness, conditioning & resistance training

at least

sessions

sessions **PERFORM PROGRESS** Stage 5 Stage 4 gymnasts can resume normal when the training gymnast is ready progressions and progress to more build up to complex skills competition and combinations preparations gradually or continue to increase the follow their steps intensity when as part of their gymnasts are overall return to responding well training plan to training demands and recovering from

at least

training load

The minimum length of time to get back to full training should be 15 days