

Covid-19 Principles of Return to Training



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

5 DAYS

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.

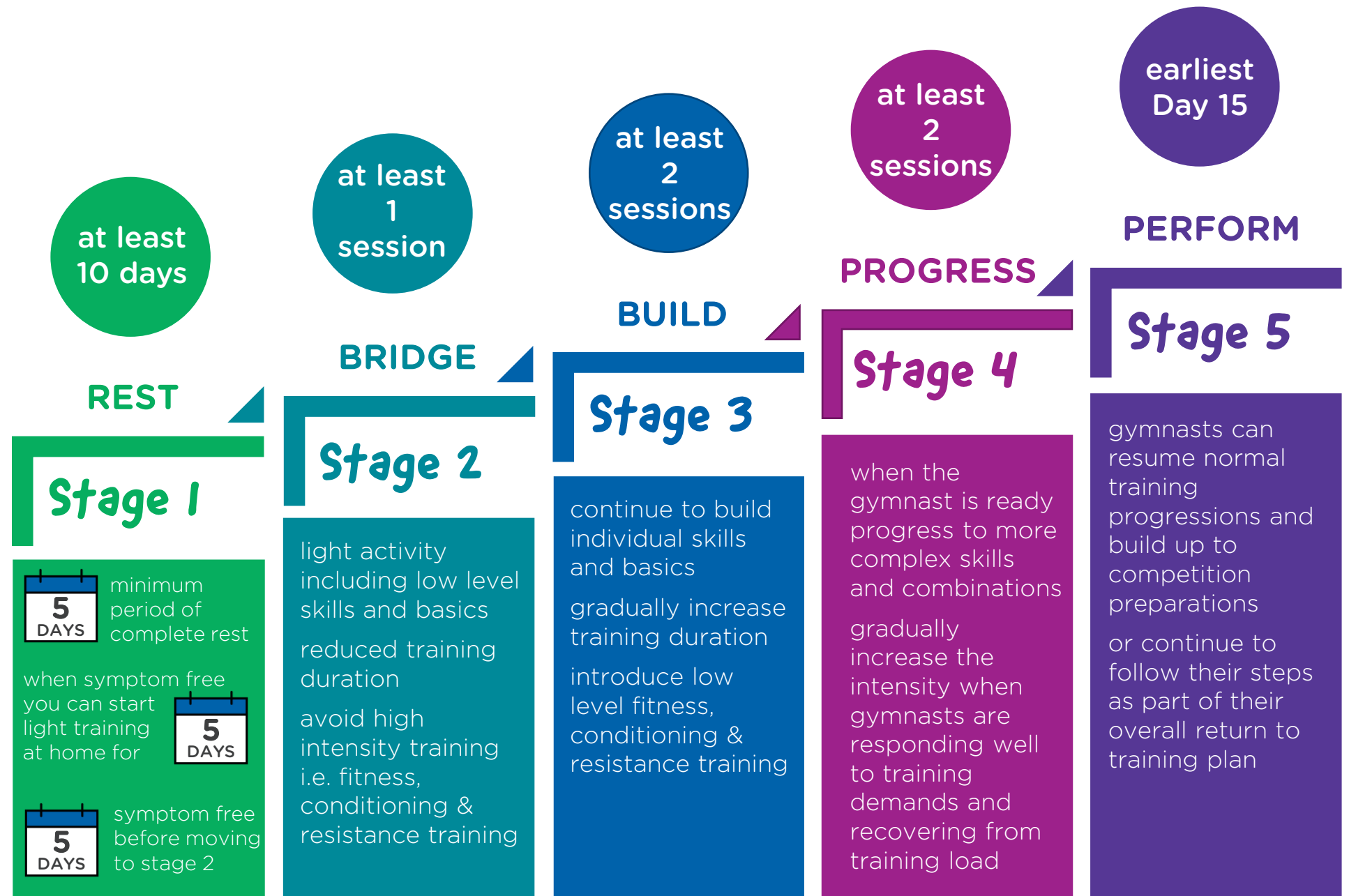
COACHING CONSIDERATIONS

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



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

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.*