

Training after Vaccination

Guidance for competitive level gymnasts training after receiving Covid-19 vaccination



For any gymnast receiving their vaccine (both first and second dose), coaches should adapt training for gymnasts in the 24-48 hours after they receive their vaccine.

Prior to vaccination gymnasts may train as normal

On the day of vaccination, gymnasts may train but should consider reducing exercise intensity

Training is not recommended in the 24-48 hours after vaccination and the timing surrounding both doses may therefore impact upon your training schedule.

Training may need to be reduced for several days following vaccination if side effects persist for longer than the usual 24-48 hours, e.g. for a 10-day period.

Please consider that it is normal to feel a bit under the weather for 24-48 hours post vaccine.

This may include:

- Fever
- Muscle aches
- Headache
- Nausea
- Sore arm
- Tiredness
- Feeling “flu like”

You should follow NHS inform advice on managing this after vaccination. You should seek advice from your GP or NHS Inform if you have any concerns.

Did you know the vaccines have also been approved by World Anti-Doping Authority (WADA) and are searchable at Global DRO website:

- Janssen vaccine (searchable as 'COVID-19 Vaccine Janssen')
- Pfizer-BioNTech vaccine (searchable as 'COVID-19 mRNA Vaccine BNT162b2')
- Oxford-AstraZeneca vaccine (searchable as 'COVID-19 Vaccine AstraZeneca')
- Moderna vaccine (searchable as 'COVID-19 Vaccine Moderna')