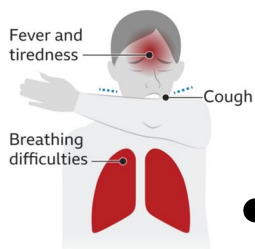




WELSH ATHLETICS
ATHLETAU CYMRU

RETURN TO EXERCISE AFTER COVID-19

Return to exercise will be different for every individual depending on severity and duration of illness, the physical requirements of their sport, and participation level. The following is designed only as a guide.



DAY
0



Upon identification of symptoms (however mild they may be):

- Self isolate in line with Public Health guidelines for 7-9 days.
- In most cases, symptoms resolve after 7 days.
- Those in your household should self isolate for 14 days.

During isolation ...

- Get plenty of rest/sleep
- Use regular paracetamol (to manage fever/muscle & joint pains)
- Maintain hydration

If symptoms worsen contact

NHS 111 online

DAY
7-9

Symptoms should start to settle.

- Avoid exercise for a further 7-10 days after your last symptoms ** (*meaning symptom free without the need for paracetamol/medication*).



DAY
14-17

Breathlessness & fatigue can last for several weeks after initial illness.



Graded return to exercise/physical activity.

- Begin easy and progress intensity gradually every 3-4 days.
- Continue to adhere to social distancing guidelines.
- Closely monitor your response to exercise using;

- ✓ Level of breathlessness
- ✓ Level of fatigue
- ✓ Heart rate (resting & during exercise)
- ✓ Rate of perceived exertion scale

If you experience any return of symptoms or new symptoms STOP IMMEDIATELY & SEEK MEDICAL ADVICE.

Immunity following recovery is not fully confirmed, continue to maintain good hand washing routines

**** Those with chronic medical conditions (for example, asthma) are likely to suffer more severe symptoms and will require a longer rest/recovery period.**

Return to exercise guidelines are constantly being updated as experts learn more about the virus & its effects.