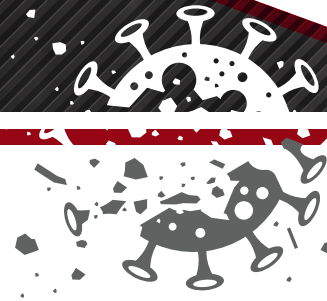


LEADING A RETURN TO SPORT PARTICIPATION

PHYSICAL CONSIDERATIONS

The outbreak of COVID-19 has led governmental authorities to cancel sport events and close training facilities or heavily restrict their use and access. These extended periods of restricted training result in various physical considerations including detraining effects and increased risk on injuries.



Physical considerations:

- Loss of sport-specific fitness (being in game shape)
- Likely decrease in overall fitness and athletic abilities
 - Ex. speed, endurance, strength, agility, and flexibility
- Loss of technical/tactical skill effectiveness
- Increased risk of injuries

Tips on how to lead a safe return to sport:

- Start slow and progress gradually
- Back to basics
 - Rebuild physical and motor foundation
 - Focus on fundamental skills
- Use the NCCP ADAPTIVE technique
- Transfer skills/lessons from isolation

