

LEADING A RETURN TO SPORT PARTICIPATION

ATTITUDES ABOUT RETURNING TO SPORT

When participants return to sport, they might feel excited, indifferent, or hesitant to return. It's also possible that participants have been directly affected by COVID-19. Coaches should be aware of how participants may react to coming back to sport, psychosocial stressors, and the steps to mitigate risks.

Happy to be back!

Some participants will be excited to return to sport. They may be enthusiastic about getting back to training and engaging with their sport community.

How to Manage

As a coach, you should welcome the enthusiasm. However, because of the time away from sport, remind your participants that it's important to start slowly. Over time, gradually resume normal activities to give their bodies time to adapt and avoid injuries.

Indifferent to return

Some participants may not seem to care about being away from sport for a long time or the return to sport.

How to Manage

Coaches should remind the participants why they started participating in the program in the first place. Attempt to re-ignite their passion and motivation that were likely forgotten during the long time away from sport.

Hesitant to return

Some participants may be hesitant to return. They may be worried about having a reduced fitness level or reduced skills. In cases such as the COVID-19 pandemic, they may be concerned about their safety.

How to Manage

A coach should show support and empathy, listen and let the participant share and explain their worries. Then, work with the participant to create a plan to address their concerns. Allow the participant to return to sport at their own pace.

Directly affected by COVID-19

It is possible that a participant may have been directly affected by COVID-19. A participant may have been sick or known someone who was sick or had passed away due to the virus.

How to Manage

Be supportive and empathetic. Work with the participant to address any issues related to how they were affected by COVID-19. Allow the participant to return to sport at their own pace.

