

LEADING A RETURN TO SPORT PARTICIPATION

SUPPORTING PARTICIPANTS' RETURN TO SPORT AFTER COVID-19

COVID-19 is by definition a severe acute respiratory syndrome, and the severity of symptoms varies widely – from no symptoms to critical illness. Recommendations can only be given on a case-by-case basis. As a coach, special considerations need to be taken to support participants' return to sport following a COVID-19 infection.

ATHLETES SHOULD ONLY COME BACK WHEN A PHYSICIAN HAS APPROVED THEIR RETURN TO SPORT.

Key factors coaches should consider with athletes returning to sport participation following a COVID-19 infection may include:

- Respiratory issues
 - Ex. shortness of breath, difficulty breathing, etc.
- Reduced work capacity/endurance
- Longer recovery time
- Mental health impacts

Tips on how to lead a safe return to sport:

- During isolation and recovery, maintain regular virtual contact and provide virtual support
- Ensure clearance for return to participation by a physician
- Collaborate and communicate with parents/guardians
- Plan a progressive return to sport
- Carefully monitor and regulate physical demands



coach.ca

Coaching Association of Canada
Association canadienne des entraîneurs