

LEADING A RETURN TO SPORT PARTICIPATION

PSYCHOSOCIAL CONSIDERATIONS

The postponement of events, practice and the closing of facilities due to COVID-19 has participants feeling detached from their sport and its community. Participants may feel both excited and uncertain when returning to sport participation. Coaches should be aware of these psychosocial considerations and take steps to mitigate them!



Psychosocial considerations:

- General anxiety (around the social aspect, being too close to others, getting COVID-19)
- Feelings of uncertainty
- Loss of motivation
- Enhanced negative emotions
 - Ex. self-doubt, discouragement, anger, sadness
- Not feeling ready to return to sport participation/competition
- Excitement to return to sport and get moving
- Need to socialize with others

Tips on how to lead a safe return to sport:

- Acknowledge that “It’s OK not to be OK!”
- Show empathy, listen attentively and be supportive
- Manage expectations
- Be strategic and integrate activities that:
 - Facilitate more social interaction
 - Improve mental well-being/reduce anxiety
 - Help revive motivation
- Collaborate and communicate with parents/guardians (if needed)

