Return to College Sport Guidelines

- These protocols are developed as a guide for those students who experienced mild to moderate symptoms of Covid-19. Those who have more complicated infections, or required hospital support need to have a medical assessment before commencing. Those individuals with underlying medical conditions should also seek medical advice before commencing.
- Only return to activity after at least seven days free of symptoms.
- Use daily self-monitoring to track progress of general health and viral fatigue symptoms following all activities.
- Progression through the stages will only occur if you've fully recovered from your previous activity, and you have no new, or return of symptoms.
- If an individual experiences chest pains, shortness of breath, light headedness or other notable symptoms, activity should be stopped immediately.
- Refer to the Rating of Perceived Exertion (RPE) scale to determine the appropriate intensity level at the various stages.

Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	\rangle
10-day recovery which must include a seven-day, symptom-free period	Day 8 symptom free, for 2 days minimum	Day 10 symptom free, for 2 days minimum	Day 12 symptom free, for 2 days minimum	Day 14 symptom free (at the earliest)	PLAY following progression through sport-specific
 Allow your body to recover fully from the effects of your Covid infection. 	Introduction of low intensity & low volume physical activity.	Increase the duration and frequency of physical activity while introducing movement skills which will	Increase the intensity of physical activity and progress towards full participation at training.	Return to full participation in normal training activities, preparing for match play.	
 Limit physical activity to walking and activities of daily living as your body allows you. 	 Increase heart rate (<70%) and monitor how you are feeling during and following (up to 24 hours) the activity. Walking, jogging, cycling, bodyweight strength, yoga and Pilates. 15–20 minutes duration at RPE level 3–4. 	 progress to more complex training activities. Incorporate simple movement activities including running drills, coordination, technical and tactical skills. Low-volume strengthbased exercises. Long-duration interval training. 	 Participate in normal training activities, while monitoring the intensity and modifying your 	 Activities and intensities should reflect the specific demands of your sport. Work up to, and at, RPE levels 9–10 for the appropriate training activities. 	
• Ensure you no longer require treatment for your symptoms (e.g. – paracetamol and other cold/flu medications).			participation when required.Restore confidence and assess functional skills.		
			 Incorporate low-volume speed and short- duration interval training. 		
		 30–45 minutes duration at RPE level 5–6. 	 45–60 minutes duration at RPE level 7–8. 		

RPE Scale	Rate of Perceived Exertion		
10	Maximum effort activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short period of time.		
9	Very hard activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.		
7–8	Vigorous activity Borderline activity. Short of breath, can speak a sentence.		
4–6	Moderate activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.		
2–3	Light activity Feels like you can maintain for hours. Easy to breathe and carry on a conversation.		
1	Very light activity Hardly any exertion, but more than sleeping, watching TV, etc.		