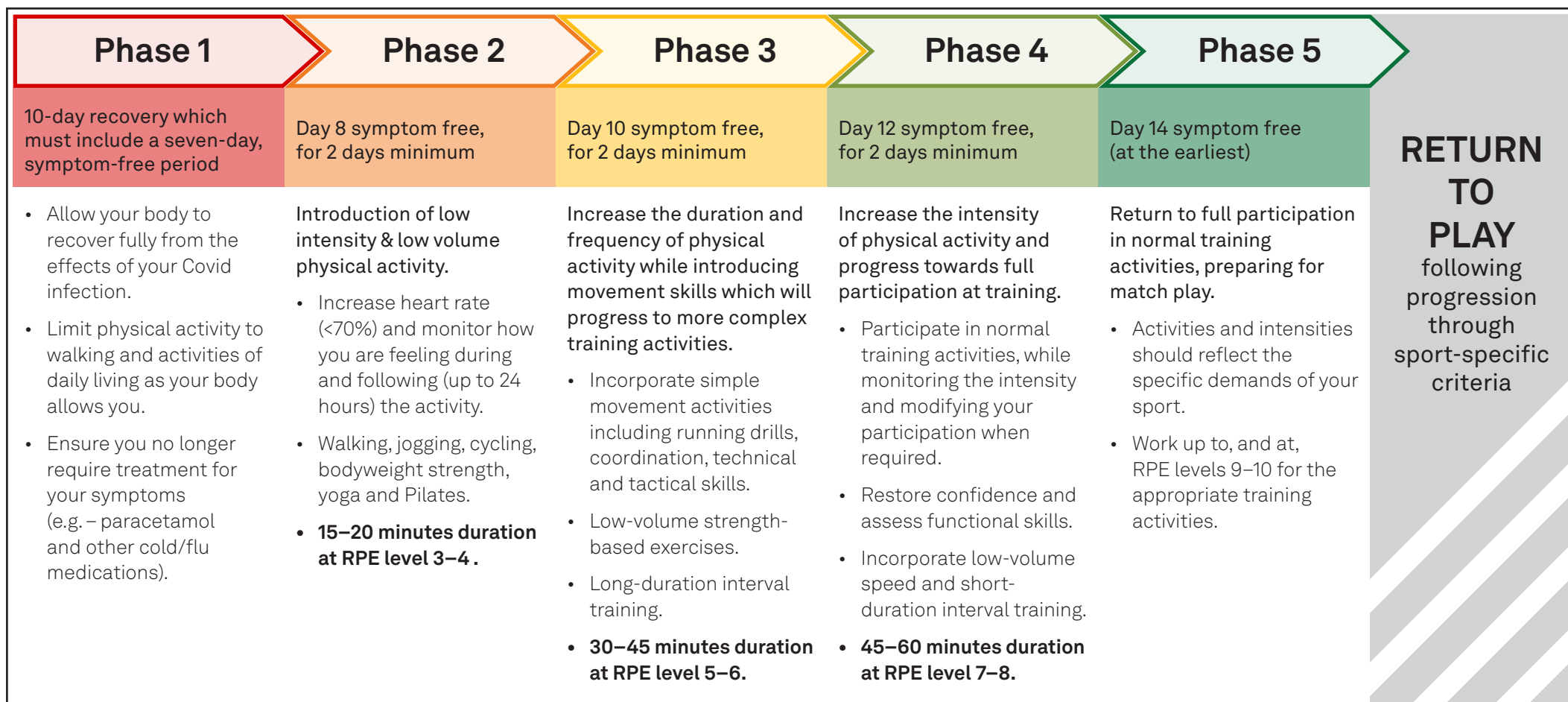


Return to College Sport Guidelines

- 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.



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.