

SUSPECTED OR CONFIRMED CASE OF COVID-19

IF THE INDIVIDUAL WAS ADMITTED TO HOSPITAL, IT IS CRUCIAL THAT SPECIFIC CLEARANCE AND GUIDANCE IS GIVEN BY A DOCTOR BEFORE ANY EXERCISE/TRAINING

IF THE INDIVIDUAL WAS NOT ADMITTED TO HOSPITAL

COMPLETE THE SOCIAL ISOLATION PERIOD (FOR AT LEAST 10 DAYS SINCE THE ONSET OF SYMPTOMS)

THEY MUST WAIT UNTIL AT LEAST 10 DAYS SINCE THE START OF THEIR SYMPTOMS AND MUST BE FREE FROM ALL SYMPTOMS FOR AT LEAST 7 DAYS BEFORE ANY EXERCISE

THEIR PERSONAL AND PSYCHOLOGICAL READINESS TO TRAIN, WORK / STUDY FACTORS, AND THE REST OF THEIR FAMILY'S HEALTH AND MUST BE CONSIDERED

COMPLETE REST; NO TRAINING OR PHYSICAL EXERTION WHATSOEVER

RETURN TO PLAY AFTER SUSPECTED COVID-19: STAGE 1





BRITISH JUDO



**STAGE 2 (MINIMUM OF 1 DAY, LIGHT ACTIVITY
15 MIN LIGHT INTENSITY,
E.G. WALKING, LIGHT JOGGING, STATIONARY CYCLING,
SWIMMING OR EQUIVALENT. NO RESISTANCE TRAINING.
RECORD BREATHLESSNESS AND OVERALL FATIGUE**

PROGRESSION CRITERIA
ACHIEVED

PROGRESSION
CRITERIA
NOT ACHIEVED

COMPLETE REST
FOR 24 HOUR,
THEN REPEAT
STAGE 2

**STAGE 3 (MINIMUM OF 3 DAYS, MODERATE INTENSITY)
30-45 MIN MODERATE INTENSITY.
COMPARE TO RESULTS OF PREVIOUS SESSIONS.**

PROGRESSION CRITERIA
ACHIEVED

PROGRESSION
CRITERIA
NOT ACHIEVED

COMPLETE REST
FOR 24 HOUR,
THEN REPEAT
STAGE 3

**STAGE 4 (MINIMUM OF 3 DAYS, MODERATE INTENSITY)
UP TO 60 MIN MODERATE INTENSITY.
RECORD BREATHLESSNESS AND OVERALL FATIGUE
COMPARE TO RESULTS OF PREVIOUS SESSIONS.**

PROGRESSION
CRITERIA
ACHIEVED

PROGRESSION
CRITERIA
NOT ACHIEVED

COMPLETE REST
FOR 24 HOUR,
THEN REPEAT
STAGE 4

**STAGE 5 (GRADUAL RETURN TO (ADJUSTED)
TRAINING)**
CONSIDER HOW MUCH TRAINING HAS (OR
HAS NOT) BEEN COMPLETED OVER THE LAST
2-3 WEEKS, AND REDUCE THE
LOAD ACCORDINGLY, ENSURING A GRADUAL
INCREASE. IF ANY SYMPTOMS RETURN, ALL
EXERCISE MUST STOP IMMEDIATELY, AND
THEY MUST BE REVIEWED BY A DOCTOR.
DO NOT PROGRESS TO NORMAL TRAINING IF
THE ATHLETE OR THEIR COACH ARE AT ALL
CONCERNED.

RETURN TO PLAY AFTER SUSPECTED COVID-19: STAGES 2-5

PROGRESSION CRITERIA:

- RESTING HEART RATE RECOVERED BY THE NEXT MORNING.
- NO SYMPTOMS (E.G. BREATHLESSNESS, EXCESSIVE FATIGUE),
- STAGES 3 AND 4 MUST HAVE BEEN REPEATED ON THREE CONSECUTIVE DAYS WITHOUT ANY ISSUES