

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 7 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