

















COVID-19 Graduated Return to Play (G RTP)

Guidelines for coaches and players to help transition through the RTP stages

Stage 1 7 days * (minimum)	<ul style="list-style-type: none"> • Minimum rest period (self-isolation). Household activities of daily living • Light core strength exercises when feeling well enough • Light body weight strengthening exercises when feeling well enough • Light roller and stretching exercises may be useful at this stage 	
Self-isolation: After 7-days I have no worsening of symptoms or more fatigued than day before.		YES  NO 
Stage 2 2 days (minimum)	<ul style="list-style-type: none"> • Light aerobic activity (Running, Bike and Body weight circuits) • Keep the intensity low (RPE 1-2) at <math><70\% HR_{max}</math> working for 15 minutes only • Monitor how you feel the next day (must not be more fatigued than day before) • To aid your recovery use the Recovery Checklist 	
Above neck symptoms only: After 2-days I have no worsening of symptoms or more fatigued than day before.		YES  NO 
Stage 3a 2 days (minimum)	<ul style="list-style-type: none"> • Increase the intensity of the activities working at <math><80\% HR_{max}</math> (RPE 3-4) • Individual ball handling and shooting drills for 30 minutes only • Check heart rate and modify intensity as necessary • No more than 50% uppermost training load 	
Asymptomatic (No symptoms): After 2-days I have no worsening of symptoms or more fatigued than day before.		YES  NO 
Stage 3b 2 days (minimum)	<ul style="list-style-type: none"> • Progress to more complex training drills at RPE 5-6 for 45 minutes • Perform conditioning activities at a heart rate <math><80\% HR_{max}</math> • Introduce competitive drills <math><20\%</math> of session time • No more than 70% uppermost training load 	
Actual training volume to equal 30% reduction uppermost planned training volume After 1-day I have no worsening of symptoms or more fatigued than day before.		YES  NO 
Stage 4 2 days (minimum)	<ul style="list-style-type: none"> • Resume team training at 80% uppermost training load • Keep heart rate <math><80\% HR_{max}</math> and train for 60 minutes • Competitive and contact work <math><30\%</math> of session time • Maximise recovery – use the Recovery Checklist to aid recovery 	
Actual training volume to equal 20% reduction uppermost planned training volume After 2-days I have no worsening of symptoms or more fatigued than day before.		YES  NO 
Stage 5 2 days (minimum)	<ul style="list-style-type: none"> • Back into high intensity and full training leading into competition • Manipulate training components as required to meet player needs • Progress to live ball play situations • Continue to monitor Health and Wellness status 	

RETURN TO PLAY




KEY POINTS

1. Calculate your max heart rate: $220 - \text{age} = HR_{max}$ (used to gauge your intensity)
2. Continue to monitor how you feel the next day (Health, Wellness and Recovery status)
3. Days allocated to each stage are a guide only (will differ based on the individual)
4. Progression allowed when minimum days achieved with no worsening of symptoms or more fatigued than day before

* New Zealand Government, Ministry of Health. *People with COVID-19*
<https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-health-advice-public/people-covid-19>

Adapted from:

1. Elliott, N., et al. (2020). Infographic. Graduated return to play guidance following COVID-19 infection. *British Journal of Sports Medicine*, 54(19), 1174-1175.
2. Bird, S.P., et al. (2020). Basketball New Zealand Guidelines: Safe return to training for players in preparation for a condensed National Basketball League season following COVID-19 restrictions. *New Zealand Journal of Sports Medicine*, 47(1), 49-53..
3. NetballSmart COVID-19 Care. Netball New Zealand.


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