

Advice for returning to exercise after illness with Covid-19

This advice is for athletes who have had a mild form of Covid-19 not requiring hospital treatment. For those who have been hospitalised or under the care of their GP please consult your medical practitioner about return to exercise.

This guidance should be applied to both confirmed and suspected cases of Covid-19.

How long should I remain off training?

Current evidence advises you to have complete rest for 10 days after the start of the symptoms and at least seven days after you have been symptom free. This may mean you have at least 17 days rest before any exercise can be considered. During this period you must not do any exercise at all - complete rest is indicated.

Symptoms include a raised temperature, repeated cough, muscle aching and shortness of breath.

Once you have been symptom free for seven days plus it is at least 10 days since the start of your symptoms you may return to light exercise. Before you do this please ensure the following:

- Your resting heart rate is normal and has been for at least 48 hours.
- You have no shortness of breath walking around the house.
- Take your temperature to make sure it is normal (around 36.9 degrees).

If you experience any of the following, you should not commence any exercises and should seek urgent medical advice:

- chest pain
- severe shortness of breath after light exercise
- palpitations or irregular heart beat
- severe muscle pains.

Returning to training

You will need to start with a low level of exercise and build up gradually. If you have any of the following symptoms during exercise you should seek medical advice and stop exercises:

- persistent cough
- shortness of breath on light exercise
- unusual fatigue.

If you experience any of the following stop exercising and seek medical advice **urgently**:

- chest pain
- severe Shortness of breath
- palpitations or irregular heart rate
- severe muscle pains.

If in any doubt about your ability to return to exercise please consult your GP or medical practitioner.