

SPORTS AND COVID-19

COVID-19 POSITIVE

Athlete without symptoms

During isolation, you are not allowed to workout. Without symptoms, you can go for a light walk outside. Keep an eye on any symptoms. If you feel like you are easily out of breath, you need to rest and walks outside are not allowed. After isolation you can start practicing slowly step by step.

Athletes without symptoms may experience chest pain or irregular heartbeat once you start working out so make sure to listen to your body.

Athlete with mild symptoms

For example sore throat, exhaustion, muscle ache, stomach ache/diarrhea

During isolation, you are not allowed to workout. If the symptoms continue, the isolation continues until you feel completely healthy. You may begin working out slowly once you've completed isolation + 2 days without symptoms. Light workouts continue for as many days as you've been sick with symptoms: for example a week of symptoms, you continue working out lightly for a week.

Athletes with mild symptoms may experience chest pain or irregular heartbeat once you start working out, make sure to listen to your body.

Athletes with strong symptoms

During isolation, you are not allowed to workout. Make sure to talk with the team Doctor before returning to practice.

Common rules if you are sick

If you have any symptoms of flu, for example muscle ache, temperature or exhaustion, stop working out/practicing immediately. Working out with even mild symptoms may extend the time of being sick and cause aftereffects such as myocarditis, which is very common with athletes who start working out/practicing too early.

Myocarditis symptoms: chest pain, rapid or irregular heartbeat (arrhythmias), shortness of breath (at rest or during activity), fluid buildup with swelling of legs, ankles and feet, fatigue. Other signs and symptoms of a viral infection such as headache, body aches, joint pain, fever and a sore throat or diarrhea.

There is no certain rule for the recovery, it varies by individual. Start with light workouts once you feel completely healthy and slowly build up to full practice. If you feel any symptoms of high resting heart rate, irregular heartbeat, pain etc, it is recommended to stop practicing.