



RETURNING TO PLAY AFTER COVID-19

Once you have been cleared to return to sports, please follow these stages.



DAYS 1 & 2 (2 days minimum)

15 minutes or less:
Light activity
(walking, jogging,
stationary bike)
- intensity no
greater than 70%
of maximum heart
rate. NO resistance
training.

DAY 3 (1 day minimum)

30 minutes or less:
Add simple
movement activities
(eg. running drills)
- intensity no
greater than 80% of
maximum heart rate.

DAY 4 (1 day minimum)

45 minutes or less:
Progress to more
complex training -
intensity no greater
than 80% maximum
heart rate. May
add light resistance
training.

DAYS 5 & 6 (2 days minimum)

60 minutes:
Normal training
activity - intensity
no greater than 80%
maximum heart rate.

DAY 7

No restrictions:
Return to full
activity, participation,
or competitions.