



Overview of the Consensus Statement: *Return to Sports and Exercise during the COVID-19 Pandemic*

COVID-19 continues to present significant challenges that may persist until there is an effective treatment and/or vaccine. Returning to sport and exercise after an extended period of inactivity (which can lead to deconditioning) presents challenges for coaches as they resume training activities with their athletes. This is brief overview of a [detailed consensus statement](#) that addresses return to activity considerations following physical distancing. It is recommended schools and coaches review the entire statement for more detailed information.

- Follow policies and guidelines from:** 1) federal, state, and local authorities (including public health departments), 2) your school district, and 3) sports' governing body (OSAA).
- While most young individuals experience no or only mild symptoms related to COVID-19, due to the potential impact of the novel coronavirus on the lungs, heart, and kidneys, **athletes with a history of COVID-19 or who currently have symptoms suggestive of COVID-19 must be cleared by their health care provider before resuming training.**
- Timed fitness tests and maximal lifts **should not** be conducted during the first 2 weeks of return to activity.
- Develop training protocols that consider any deconditioning that has occurred.** It is recommended to use the *50/30/20/10 rule for conditioning activities* and the *FIT rule for resistance training* as guidelines. It is also recommended that all workouts be written and provided to administrators in advance.

50/30/20/10 Rule for Conditioning Activities

Week	Reduction in volume and/or workload	Work to Rest Ratio
1	50%	1:4
2	30%	1:3
3	20%	Normal
4	10%	Normal
5	None – normal or uppermost conditioning volume and/or workload	Normal

FIT Rules for Resistance Training Activities

Element	Definition	Example	Recommendation
Frequency	# of sessions/week for a specific muscle group or movement type	5 training sessions, but only 3 lower body sessions = 3 lower body training sessions	Week 1: ≤ 3 sessions Week 2: ≤ 4 sessions
Intensity relative volume (IRV)	IVR = Sets x Reps x % 1RM (percent of 1 rep max)	3 sets x 10 reps x 0.50 1RM = 15 IRV	Week 1: IRV = 11-30 Week 2: IRV = 11-30
Time of rest interval	Work to rest ratio (W:R) between sets	30 secs to complete set & 90 secs of rest = 1:3 W:R	Week 1: W:R = 1:4 Week 2: W:R = 1:3

- Multi-sport athletes **should not participate in multiple training sessions in one day** for the first 2 weeks.
- Heat acclimatization – Exercising in the heat presents additional challenges for the body, especially when students have been significantly deconditioned. **Coaches must follow the [OSAA Practice Model](#).**
- If training is paused for more than 5-7 days due to reinstatement of stay at home orders or an individual or team must quarantine. Consider restarting or extending timelines for the resumption of training activities (i.e., 50/30/20/10 & FIT rules) and heat acclimatization.
- Hydration – Access to fluids should be no different than pre-COVID-19 training, with the exception that individuals **should not share water bottles or water sources** (e.g., water cows, troughs, fountains).