



Oregon School Activities Association

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Overview for Coaches of *Return to Sports and Exercise during the COVID-19 Pandemic*

This document is updated from a previous version that was released in the summer of 2020. Significant changes are in **bold**. COVID-19 continues to present significant challenges throughout society. Returning to sport and exercise after an extended period of inactivity (i.e., detraining) presents challenges for coaches as they resume training activities with their athletes. This is brief overview of a [consensus statement](#) that addresses important return to activity considerations. It is recommended that administrators and coaches review the entire statement for more detailed information.

1. Follow policies and guidelines from: 1) federal, state, and local authorities (including public health departments), 2) school districts, and 3) sports' governing body (OSAA).
2. **The OSAA Sports Medicine Advisory Committee has released [GUIDANCE FOR PEDIATRIC AND ADOLESCENT ATHLETES FOR RETURN TO SPORTS FOLLOWING INFECTION WITH COVID-19](#). Please refer to the document for details.** Highlights include:
 - a. Individuals who had asymptomatic or mild COVID-19 illness, and recovered, more than 28 days prior to return to sports activity should be permitted to fully participate and return to activity without additional formal medical evaluation.
 - b. Those who experienced moderate or severe COVID-19 illness (i.e., prolonged symptoms or hospitalized) must present written clearance from their primary care provider (PCP) or cardiologist prior to return to sports activity.
 - c. All individuals who have had (or who are presumed to have had) COVID-19 illness anytime within 28 days prior to return to sports activity must present written clearance from their primary care provider (PCP) or cardiologist prior to return to sports activity.
3. Develop training protocols that consider any detraining 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

4. Timed fitness tests and maximal lifts should not be conducted during the first 2 weeks of return to activity.
5. Heat acclimatization (when applicable) – Exercising in the heat presents additional challenges for the body. Coaches must follow the [OSAA Practice Model](#).
6. If training is paused for more than 5-7 days due to stay at home orders or an individual/team must quarantine, consider restarting or extend timelines for the resumption of activities (i.e., 50/30/20/10 & FIT rules) and heat acclimatization.
7. 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).