



**Guidance on Safe Return to Training
for Athletes amid Covid-19 Pandemic**



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Due to COVID-19 global pandemic outbreak qualifying events, regional and continental championships, as well 2020 Olympic games have been cancelled or postponed. Some training sessions were suspended and others modified. The following is a guidance of safe return to training and resumption of proper conditioning of the athlete.

- I. **Minimizing Risk: Managing Schedules and Training Sessions.**
 - A. **Avoid training large group of athletes, allow extra time between sessions, to clean surfaces and equipment. In weightlifting, no more than 1 athlete at a time, including trainer and coach, maintaining proper distance. Must disinfect apparatus, in between lifters.**
 - B. **Avoid person to person contact while spotting with use of bar catches and two spotter technique.**
 - C. **Maximize fresh air flow in weight room and relative humidity <60%.**
 - D. **Use outdoor training spaces whenever possible.**
 - E. **Keep doors popped open and lights on throughout the day.**

- II. **FACILITY & EQUIPMENT: CLEANING & SANITATION PROCEDURES.**
 - A. **All weight room surfaces and equipment, including bar bell, hand weights, bench, chairs, and mats , must be cleaned with germicide cleaner before and after work out.**
 - B. **Athletes must have their own water bottle, belts, braces and towels.**
 - C. **Encourage wearing gloves during training.**

- D. Promote hand washing before and after workout and provide hand sanitizer.**
- E. Wash workout clothes and shower immediately after the work out.**
- F. Change shoes upon entering the training hall.**

III. TRAINING SAFETY: RISK FACTORS FOLLOWING PERIODS OF INACTIVITY.

- A. The strength and conditioning coach must consider the training level of each athlete. While it is common to start beginners with introductory training phase, intermediate to advanced lifters have the ability to train near maximum on every set, but should NOT.**
- B. Return to training should include no more than 3 non-consecutive training sessions per week with 2 days recovery between sessions.**
- C. The coach may also consider shorter but frequent sessions.**
- D. The athlete should start his session with systemic and progressive dynamic warm up lasting 10-20 minutes, to improve mobility, and range of motion, and re-establish his/her cardiovascular base.**
- E. Long periods of inactivity causes delayed onset muscle soreness, as well as loss of flexibility and mobility, which effects their performance in eccentric and plyometric exercises (which are building blocks of weightlifting).**

IV. CONDITIONING AND TRAINING PROTOCOL FOR RETURNING ATHLETE (Adopted for COVID-19).

A. Conditioning Rule: 50/30/20/10 (Adopted for COVID-19)

1. Week 1

-50% Reduction in Training Volume, with 1:4 Work to Rest Ratio.

-20% Reduction in Test Workload (test ability to lift).

2. Week 2

- 30% Reduction in Training Volume, with 1:3 Work to Rest Ratio.

- 10% Reduction in Test Workload (test ability to lift).

3. Week 3

-20% Reduction in Training Volume.

4. Week 4

-10% Reduction in Training Volume.

B. FIT RULE FOR WEIGHT TRAINING(Adopted for COVID-19)

FIT (Frequency, IRV (Intensity Relative Volume),Time Rest Interval).

FIT	WEEK 1	WEEK 2
FEQUENCY	2 Sessions	2 Sessions
Sessions/Movement	per week	per week
INTENSITY	11-30 Units	11-30 Unit

Sets X Reps %1RM as a Decimal For Each Periodized Lift

TIME

1:4

1:3

Rest Interval

Work:Rest

Work:Rest

V. OTHER IMPORTANT FACTORS

The strength and conditioning coach should support primary needs of athlete and help them get back on a regular schedule, especially sleeping habits, waking up, meals, commuting, etc. The primary precaution of the coach is health, safety and wellness of the athlete.
