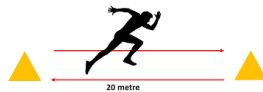


## COVID-19 AND HOCKEY: GUIDELINES FOR GRADED RETURN-TO-PLAY

Post-viral syndrome and deconditioning due to period of inactivity noted.

Any clinical deterioration through stages to be noted and assessed by medical team e.g. continued fatigue, persistent shortness of breath, wheezing, palpitations, chest pain etc.



### TEST:

**SUB-MAX YO-YO TEST**  
Performed at beginning of each stage



### OBJECTIVE MEASURES:

- Resting heart rate (HR)
- Max HR (200 – age)
- Recovery HR at 1 minute

### RPE

### SUBJECTIVE MEASURE:

Rate of Perceived Exertion Scale (RPE: 1-10)

Stages to include aerobic activity, plyometrics, proprioception, functional movement, as well as injury prevention training. Increase frequency, duration and intensity with stage progression.

STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
<b>RECOVERY PERIOD</b> 10 days of complete rest from onset AND 7 days completely symptoms free AND NO treatment medication	<b>VERY LIGHT ACTIVITY</b> 2 days	<b>LIGHT ACTIVITY</b> 2 days	<b>MODERATE ACTIVITY</b> 2 days	<b>HARD ACTIVITY</b> 2 days	<b>MAX EFFORT ACTIVITY</b> Normal training
Walking, activities of daily living	Jogging, stationary cycling	Running, resistance training	Sport specific training	Normal training	Normal training progression
	15 – 20 minutes	25 – 30 minutes	35 - 45 minutes	50 - 60 minutes	> 60 minutes
Resting HR	50% max HR	60-70% max HR	70-80% max HR	80-90% max HR	100% max HR
Objective: Resting HR Subjective: symptoms, post-viral fatigue, RPE	Yo-Yo sub max test, objective and subjective feedback	Yo-Yo sub max test, objective and subjective feedback	Yo-Yo sub max test, objective and subjective feedback	Yo-Yo sub max test, objective and subjective feedback	Yo-Yo max test, objective and subjective feedback

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