



21 March 2022

St Bede's Sports Community
C/O Chairs St Bede's Sports Clubs

RE: Graduated Return to Play Post Covid

Dear clubs, parents, whānau and students

As we enter our third year of schooling within a global pandemic the College alongside our clubs, volunteers and whānau have supported students to continue with co-curricular activities where possible.

We like the rest of the world continue to learn more about the long-term effects of Covid-19 on young people post infection. Overseas research highlights increased risks of long Covid should those recovering from Covid-19 engage in physical activity to soon.

Therefore, any student who has tested positive for Covid-19 in 2022 needs to consider the potential long-term health risks of undertaking exercise, especially strenuous exercise, too soon after a positive test, even if they are symptom free.

Covid 19 is known to effect heart, lungs and brains. There is a very real risk if students exercise too early they could experience longer term covid and other health issues. A graduated introduction back to physical activity will help to ensure our students not only remain healthy but also ensure that we are able to field teams throughout what will be a disrupted winter sports season.

We know students will want to engage as soon as they have recovered, so we ask all coaches, clubs and administrators to familiarize themselves with these guidelines in order to maintain the health and safety of our rangatahi.

Guiding Principles:

- ☐ Students should only return to exercise after at least seven days free of symptoms
- ☐ This is to be followed by two weeks of graduated exertion – example table below
- ☐ Any student who is still presenting any mild or moderate symptoms associated with Covid-19 14 days after the typical recovering period should see their own Doctor before undertaking any other physical activity
- ☐ Any student showing symptoms of Covid-19 at any stage must be removed from practice, or competition
- ☐ Some sports codes are developing their own protocols/guidelines, St Bede's will generally be following the guidance issued.



Graduated return to Play Post Covid Guidance for those who have had Mild to Moderate Symptoms

Stage	Week 1 (1 st half- 4 days)	Week 1 (2 nd half – 3 days)	Week 2 (1 st half -4 days)	Week 2 (2 nd half – 3 days)
Description	Light Activity	Moderate Activity	Increase Duration	Increase intensity
Exercise	Walking, light jog, stationary bike	Running drills, ball skills, light body weight resistance	Increase training complexity, light weights in gym	Normal field training, increase to heavier weights in gym, return to normal if all well
Duration & Objective	Less than 20 minutes, increase heart rate	Less than 30 minutes, increase load gradually	Less than 45 minutes exercise, skills. Day on/day off	Less than 60 minutes, return to normal if all well

Symptoms can include one or more of the following:

- a new or worsening cough
- sneezing and runny nose
- a fever (high temperature)
- temporary loss of smell or altered sense of taste
- sore throat
- shortness of breath
- fatigue
- longer to recover from exercise than usual

If you have any queries about the guidelines above, please email me. Thank you in anticipation for your support in keeping our students safe.

Ngā mihi nui

RJPithey

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