

***Sport Wales -
Physical training
advice during the
COVID-19
restrictions***

*sportwales
chwaraeon cymru*

Physical training while minimizing the susceptibility and severity of illness

Research has shown that physical training can have either positive or negative effects on immunity and can influence a person's vulnerability to illness. The physiological stress depends on both the **intensity** and **duration** of the exercise.

High training volumes, periods of intensified training and prolonged strenuous training may suppress immune function, thereby increasing the risk of illness. Whereas, individuals who engage in regular moderate intensity physical training are at lower risk of illness. Recommendations below are in line with minimising risk during the COVID-19 pandemic. *This advice will be regularly reviewed and may change as more is learned about COVID-19 and therefore you are advised to review regularly.*

Recommendations

- Do not train if experiencing any suspected coronavirus symptoms (e.g *fever, fatigue, cough, anorexia, malaise, muscle pain, sore throat, dyspnoea, nasal congestion or headache. Rarely, patients present with diarrhoea, nausea and vomiting*)
- Ensure social distancing in all aspects of physical training
- Reducing training volume by approximately 10% (At a minimum maintaining current training volume (not increasing), including adequate planned recovery)
- Reducing training intensity by approximately 10% per session (Minimising exposure to prolonged strenuous training or periods of intensified training)
- Keeping fluctuations in training volume and intensity in between 5-10% per week
- Carefully manage changes in overall training
- Plan an easier recovery or adaptation week every 2nd of 3rd week of the training cycle

Considerations

- Implement recovery activities immediately after more intensive training sessions
- Monitor all forms of physical and psychosocial stress
- Aim for >8 hours sleep each night
- Day time naps may be beneficial

Please discuss with a relevant coach how this advice may affect your current training routine.

As we know the NHS is currently focused on COVID-19 with limited ability to manage routine injuries or illnesses in the normal way. We recommend training at home or in a safe location, with extra care taken when training in public areas or on open roads.

NHS and private healthcare resources are currently under significant strain leading to reallocation of many services previously considered routine. Levels of care previously available are now being delivered sub-optimally. Given this, our recommendation is that adjustments be made to training sessions, and environments, to mitigate potential risk of injury and to reduce the need to access limited healthcare resources.