

Sanford POWER Return to Competition in light of the COVID-19 Shutdown Phase 4: Full Return to Athletics

Phase 4 activities will be similar to the typical on field and on court activities during the competitive seasons. Full team based activities, scrimmaging, and game play will be resuming with specific modifications as indicated by governing bodies.

In Phase 4, the athletes should be prepared for full competition. Continue to proceed conservatively as athletes are more susceptible to major injuries during early season practices and competitions.

Continue to consider these statistics:

- 240% increase in Achilles tendon ruptures following the lockout of the 2011 NFL season.
- 50% of all NFL ACL injuries occur in pre-season.
- 62% of all UCL injuries occur during the first three months of the MLB season.
- Most heat-related deaths in high school and college football occur in the first four days of practice, with the first two days having the highest risk.

Safety statement

Even during team based activities, all individuals should maximize physical distance from others when possible, practice good hand hygiene, and stay home if sick. Slowing the spread of COVID-19 will greatly improve the outlook for continuing sports seasons.

Goals

1. Continue with conservative progression back to in-season practice and game schedules.
2. Maintain base level of strength and conditioning for a competitive season.
3. Adjust your meal plate based on your training.
4. Reach and reclaim YOUR performance.

Goal 1: Continue with conservative progression back to in-season practice and game schedules.

- Gradually increase the intensity and volume of training in the early phases of the season.
 - Athletes are more susceptible to major injuries during early season practices and competitions.
- Maximize recovery time after practices and games.
 - Avoid practices longer than two hours.
 - Take frequent breaks.
 - Listen to your body.
- Follow appropriate heat acclimatization guidelines for your sport.
 - Gradually introduce the use of protective equipment (e.g., helmets, football pads).
 - Modify practice time, intensity and/or duration based on environmental conditions.
 - Monitor for signs and symptoms of heat illness.

Goal 2: Maintain base level of strength and conditioning for a competitive season.

- Continue weight training twice per week.
 - **Sets:** 3-4; **Reps:** variable; **Intensity:** 85%-95% of max; **Frequency:** 2 times per week; **Duration:** 20-30 minutes
 - Focus on maintaining strength and conditioning while balancing the demands of practice and competition.

Goal 3: Adjust your meal plate based on your training.

- Athletes who are training over 90 minutes, or having 2-a-day workouts should be adding more carbohydrates to their plates (about ½ the plate).
- Include protein (about ¼ of the plate) at each meal and snack to help promote muscle growth and recovery.
- Add more colorful fruits and vegetables – they are full of antioxidants and anti-inflammatory compounds to help keep athletes healthy and enhance recovery.

Goal 4: Reach and reclaim YOUR performance.

- Strive to be the best version of you every day.
- Be thankful for the opportunity to be playing sports again.
- Have fun!