

RESTARTING PRACTICE



**1. Preventing action before starting the practice.**

The whole team, staff and the team's environment must go through a **medical control** with a medical record **and a control of usual and specific tests** about SARS-CoV-2.



**2. Treatments strategy and the start of practice for the players/staff testing positive.**

The **main team physician**, will be the one to **establish the clinical evaluation, the tests and the clinical tests**, and will recommend the date of **restarting practice** in a personalised way.



**3. Hygiene precautions prior to practice.**

Daily self evaluation with a temperature of **less than 37°C** and a health survey that should be given to the main team physician before going to the facilities. **The transfers will be executed with masks and gloves.**



**4. Hygiene precautions during practice.**

Each player should have **his own drinking bottle and towel for personal use only**. **Not allowed** the handshake or any other **physical contact**.



**5. Practice sessions.**

**Enter and exit the facilities** in the established way while keeping the security distance of 2 metres.

Provide **a basin and hydro alcoholic solution** in all the buildings.

**For a maximum level of security**, would be better to have a personal toilet.

If the conditions of the instalation allow, the use of the changing rooms and the showers should be **gradual and in smaller groups**.



**1. The minimum time.**

**50% of the time** that practice has been restricted and in isolation.



**2. Knowing the status of the players.**

Develop a training routine according to a reasonable **competition calendar**.



**3. The athletes in the process of return-to- sport.**

Returning to the previous stages.



**4. Back to practice.**

**Progressive**, general to specific.



**5. Endurance, strength and mobility at the beginning.**

Then put the focus in other manifestations so the athletes can get adapted to the practices loads.



**The priority is to protect the health of our athlete. Reach the maximum peak to compete again in a good condition is the following.**