

ACSM Call to Action Statement: COVID-19: Considerations for Sports and Physical Activity



Encourage well individuals to start/ continue moderate exercise for 150-300 minutes/ week. Small amounts still count!



Maintain immune health. Participate in 150-300 minutes Moderate-to-vigorous physical activity (MVPA)/week. Keep body weight at recommended level.



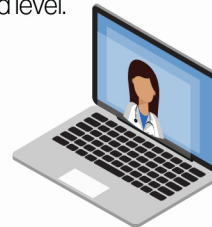
Perform MVPA at home or outside. Maintain physical distancing guidelines and use a face covering.



Employ innovative strategies in the approach to promote physical activity.



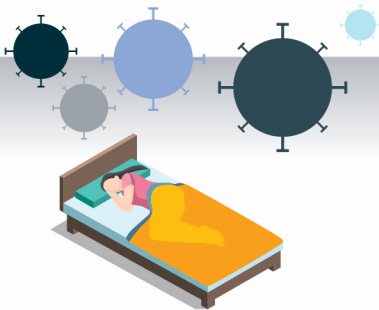
Apply & adapt the World Health Organization interim guidelines, COVID-19 mitigation checklists & risk assessment tool kit to each sport discipline.



Optimize sports medicine telehealth for broad appeal & to reach diverse populations. Ensure equal access to all; focus on reaching vulnerable populations, the economically disadvantaged & those with language barriers.



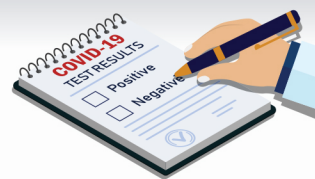
Implement the use of masking & testing to reduce spread and avoid close contact when masking fails.



Individuals at high risk for COVID-19 should refrain from exhaustive exercise, overreaching & overtraining.



Individuals who have contracted COVID-19 should contact their primary care physician to determine how to ensure a safe return to exercise.



Determine evidence-based recommendations for return-to-exercise post COVID-19. Advise rest & no exercise for two weeks after resolution of mild/moderate symptoms or from a positive test result. Follow a slow resumption of exercise with close monitoring by a health care team.



Develop policies to safely reintroduce group activities that boost physical & mental health.