

# GRADUATED RETURN TO ACTIVITY, WORK, SCHOOL, AND PLAY PROTOCOL FOR LOW RISK\* INDIVIDUALS

**\*Please note this GRTP protocol is for LOW RISK individuals only. It is NOT recommended for those of INTERMEDIATE OR HIGH RISK, where clearance from the GP is recommended prior to commencing exercise**

<b>LOW RISK</b>	Can follow a gradual return to exercise without further evaluation - Individuals under the age of 50, who had an asymptomatic infection or mild respiratory symptoms that resolved within seven days and would like to resume recreational exercise are considered LOW RISK.
<b>MEDIUM RISK</b>	Those with symptoms or fatigue lasting for more than seven days, or prolonged shortness of breath or chest pain that did not require hospitalization, are deemed intermediate risk. Those with past history of diabetes, cardiovascular disease or renal disease
<b>HIGH RISK</b>	High risk patients are defined as those who required hospitalization or who experienced shortness of breath or chest pain at rest or while performing activities of daily living.

TOTAL 3 - 6 WEEKS	STAGE 0	SYMPTOM FREE ONCE SEVEN DAYS RESUME SYMPTOM FREE SCHOOL OR WORK	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	
ACTIVITY DESCRIPTION	REST DURING ISOLATION 7 DAY MINIMAL PERIOD FROM POSITIVE TEST OR ONSET OF SYMPTOMS		LIGHT ACTIVITY TWO DAYS	LIGHT TO MODERATE EXERCISE TWO DAYS	MODERATE EXERCISE TWO DAYS	MODERATE TO INTENSE EXERCISE TWO DAYS	RESUME NORMAL TRAINING	RETURN TO UNRESTRICTED ACTIVITY	
% MAXIMAL HEART RATE	RESTING HR OR ONLY SLIGHTLY ABOVE RPE 6-8		 RPE 6-11	 RPE 12-14	 RPE 12-14	 RPE 12-14	RESUME NORMAL TRAINING PROGRESSIONS RPE 15-20		
EXERCISE ALLOWED	LISTEN TO YOUR BODY BRIEF WALKING ACTIVITIES OF DAILY LIVING		GRADUALLY INCREASE WALKING LIGHT JOG STATIONARY BIKE NO RESISTANCE TRAINING	MOVEMENT EXERCISES RUNNING DRILLS BODY WEIGHT RESISTANCE CIRCUIT TRAINING	MORE COMPLEX TRAINING BEGIN SPORTS SPECIFIC DRILLS INCLUDING RUNNING WEIGHT TRAINING	NORMAL SPORT ACTIVITIES NON-CONTACT ACTIVITIES ADVANCE SPORT SPECIFIC DRILLS INCLUDING INCREASE RUNNING	COMPLETE TRADITIONAL SPORTS PRACTICE OR NORMAL EXERCISE		
DURATION	7 DAYS		 15 MINS	 30 MINS	 45 MINS	 60 MINS	RESUME NORMAL TRAINING PROGRESSIONS		
OBJECTIVE	ALLOW RECOVERY		BEGIN TO INCREASE HR	INCREASE LOAD GRADUALLY MANAGE ANY POST VIRAL FATIGUE	EXERCISE COORDINATION IMPROVE SKILLS AND TACTICS INCREASE DURATION	RESTORE CONFIDENCE ASSESS AND CHALLENGE FUNCTIONAL SKILLS INCREASE DURATION	RESUME NORMAL TRAINING PROGRESSIONS		
WORK	OFF WORK		CONTINUE RETURN TO WORK OR SCHOOL AS INDICATED	CONTINUE PACING - GRADUAL RETURN TO SCHOOL/WORK AS INDICATED		MUST HAVE ACHIEVED FULL RETURN TO SCHOOL/WORK BEFORE RETURNING TO FULL TRAINING			
SCHOOL	OFF SCHOOL		SUPPORTIVE RETURN TO WORK/SCHOOL IS BENEFICIAL TO RECOVERY	SUPPORTIVE RETURN TO WORK/SCHOOL IS BENEFICIAL TO RECOVERY					
MONITORING	SUBJECTIVE SYMPTOMS, SUCH AS FATIGUE, CHEST PAIN, DIFFICULTY BREATHING, NEW SYMPTOMS RESTING HEART RATE RPE (rate of perceived exertion). Please see the following page for more information on how to rate your exertion level.								

*Read me!*

**This return to activity, work, school and play protocol is for LOW RISK individuals only. Those in INTERMEDIATE or HIGH RISK groups, or who have have medical conditions such as diabetes, cardiovascular disease or renal disease should have a medical assessment before commencing this protocol.**

If any symptoms occur (including excessive fatigue) while going through return to activity, work or play you must return to the previous stage and progress again after a minimum of 24 hours period of rest without symptoms. If symptoms are severe, or any symptoms persist despite returning to the previous stage, see a GP for assessment and clearance to resume.

Work considerations; work safety critical roles, safe return to work, facilitating phased gradual return to work as indicated. GP clearance may be required. Flexible return to work plan. Involve employer. Support. Need to have returned fully to work prior to returning to unrestricted activity.

## HOW TO FIND YOUR RPE - RATE OF PERCEIVED EXERTION:

RPE - Rate of Perceived Exertion	Explanation / Percieved Exertion
6 7 8	No exertion at all Extremely light La, la, la :-)
9 10 11 12	Very light (easy walking slowly at comfortable pace) This is the effort level where you can't hear your breathing You're able to easily talk and can sustain this level for a very long time Light. Here you are building aerobic endurance
13 14 15 16	Somewhat hard. It is quite an effort; you feel tired but can continue You start to hear your breathing, not gasping for air You can talk, but more challenging, use on or two word answers Hard. This is considered your steady state
17 18 19 20	Very hard (very strenuous and you are very fatigued). This is your anaerobic threshold Breathing is vigorous. You can't talk, you're reaching for air Extremely hard. You're counting the minutes until it ends. Maximal exertion