

# Return to Play Preparations

## Ivy Rehab

## **As Players & Coaches Prepare to RTP, the below safety guidelines become very important:**

Maintain “physical distancing” - minimum 10’ or more!

Players, staff and parents should avoid close contacts or group interactions

No hugging, high-fiving or passing of objects/items

If sick or have symptoms of an illness

- Stay home regardless of if you have COVID-19 or not
- If you are confirmed or suspected to have COVID-19: stay at home
- If you have been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID-19: stay at home

Communicate with your club director/coach if any possible exposures have occurred in your team or club environment

# RTP PREPARATIONS

IMMUNIZATION BUILD UP

## **Players & Coaches should be preparing for increased physical exertion.**

**Vitamin C** - has been found to support immune health during intense/lengthy training periods.

- kiwi fruit, bell peppers, strawberries, oranges, broccoli, tomatoes, kale, etc.

**Vitamin D** - one of the most important markers in immune health

- salmon, mackerel, eggs, mushrooms, cow's milk, yoghurt, fortified cereals, fortified orange juice

*Daily consumption of food sources that are high in Vitamin C and Vitamin D are encouraged in order to further support immune health.*

\*As directed by US Soccer and Ivy Rehab

# RTP PREPARATIONS

INJURY PREVENTION & BODY PREPARATION

## Preparing our athletes properly.

Avoid injury upon return by proper planning

Physical changes due to inactivity

- Decreased muscle mass
- Reduced cardio fitness
- Decreased VO2 max (body's max ability to utilize oxygen need for peak performance)

Focus on returning physically in a safe and progressive manner, 30%-50% from max peak performance

- Running & Sprinting (linear, curved)
- Acceleration / Deceleration
- Change of direction
- Jumping & Agility

In Preparation, players will be receiving an @Home Training regimen, provided by Ivy Rehab, to prepare for getting back on the field

\*for any injuries, aches and pains or general consultation before returning to play please contact Ivy Rehab: [SportsMedicine@IvyRehab.com](mailto:SportsMedicine@IvyRehab.com)