



NCAA COVID-19 Advisory Panel Exercise Recommendations

During this time of crisis and behavioral risk mitigation, it is important to pay attention to your health, which includes healthy exercise. Even though winter and spring NCAA championships have been cancelled, exercise, including strength and conditioning, can be maintained with the following guidance considerations:

- Do not exercise if you are feeling ill. This is especially important when exercising in a shared facility. COVID-19 may manifest in young adults with very mild symptoms of a cold, yet these individuals may be infectious.
 - If you have a chronic medical condition (e.g., diabetes, lung disease), avoid exercising in a shared facility.
- When exercising in a shared facility, consider the following:
 - Maintain social distancing of six feet.
 - If you are organizing a group workout, the logistics need to be addressed beforehand.
 - Use hand sanitizers regularly, including before and after exercise.
 - Do not touch your face while working out. If you do, sanitize your hands before continuing.
 - Shared equipment should be sanitized with a disinfectant before and after use. This includes free weights, mats, kettlebells, medicine balls, stability balls, bars, etc.
 - Group games with probable contact and a shared ball should be avoided. It is not only difficult to avoid contact, but there is also uncertainty about shared balls and virus transmission.

Athletics health care providers and athletics staff should forward this message to all strength and conditioning coaches and other personnel who oversee student-athlete exercise and strength and conditioning sessions.

This email was sent on behalf of the COVID-19 Advisory Panel to NCAA Divisions I, II and III Athletics Directors, Athletics Health Care Administrators, Conference Commissioners, Head Athletic Trainers, Head Team Physicians, Strength and Conditioning Coaches, Senior Woman Administrators, and Student-Athlete Advisory Committee members based on contact information in the [NCAA Directory](#); and to select NCAA staff.