

10 TIPS TO HELP ATHLETES RETURN BACK TO SPORT



It will take a while to get back into a full routine. Ease yourself back in and develop a staged plan to return to sport



Check your kit, get it clean and organised



Plan your journey to training and think about any extra equipment you might need to stay safe as you travel



Go back to a time when you were really enjoying your training and remind yourself of the positive thoughts and emotions you experienced



Keep a training diary to reflect on how you are feeling and progressing as you return to sport



@BELIEVEPHQ

working with



Draw confidence from any mental or physical training you have been able to do during lockdown



If you feel nervous or anxious speak to your coach or teammates and ask for some support



If you start to feel overwhelmed by returning to full training, focus on completing one session at a time



Be curious about how effectively you can return to sport one step at a time



Plan weekly training sessions into your diary