



7-Day Isolation Home Program

WARNING: This program is only to be completed if you are asymptomatic

The purpose of this program is to provide an option for umpires who are forced into isolation due to either close contact rules or direct infection of Covid-19

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It is not about building aerobic capacity or speed but simply maintaining some tissue loading through achilles, calf complex along with basic running drills that can be completed indoors with nothing but a wall and some runners

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Assuming you're asymptomatic, the program can be completed on a rotating Day A/B

This means you can start on any day you are/become asymptomatic

For instance:

Mon = Test Positive and symptoms
Tues = Minor symptoms
Wed = Asymptomatic (Complete Day A)
Thur = Asymptomatic (Complete Day B)
Fri = Asymptomatic (Complete Day A)
Sat = Asymptomatic (Complete Day B)
Sun = Asymptomatic (Complete Day A)
Mon = Likely End of Isolation Period

WARNING: If you develop secondary symptoms, do not continue with this program

- All drills should be completed with runners on
- All umpires should own a skipping rope as a basic training resource

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