



# COVID-19 (SARS-CoV-2)

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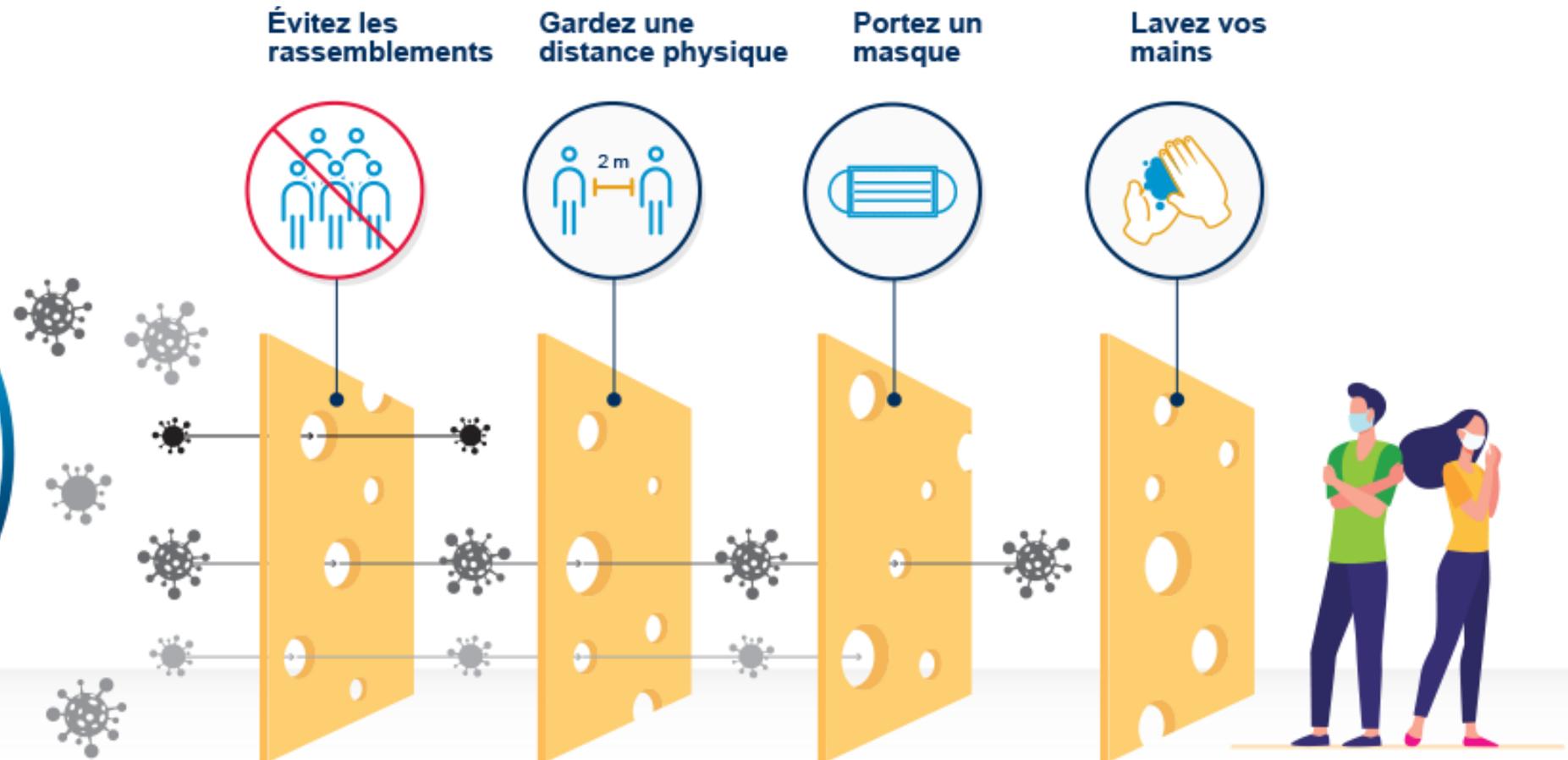
Mesures sanitaires  
Retour au sport post COVID-19

Sanitary measures  
Return to sport post COVID-19

# Atténuation des risques



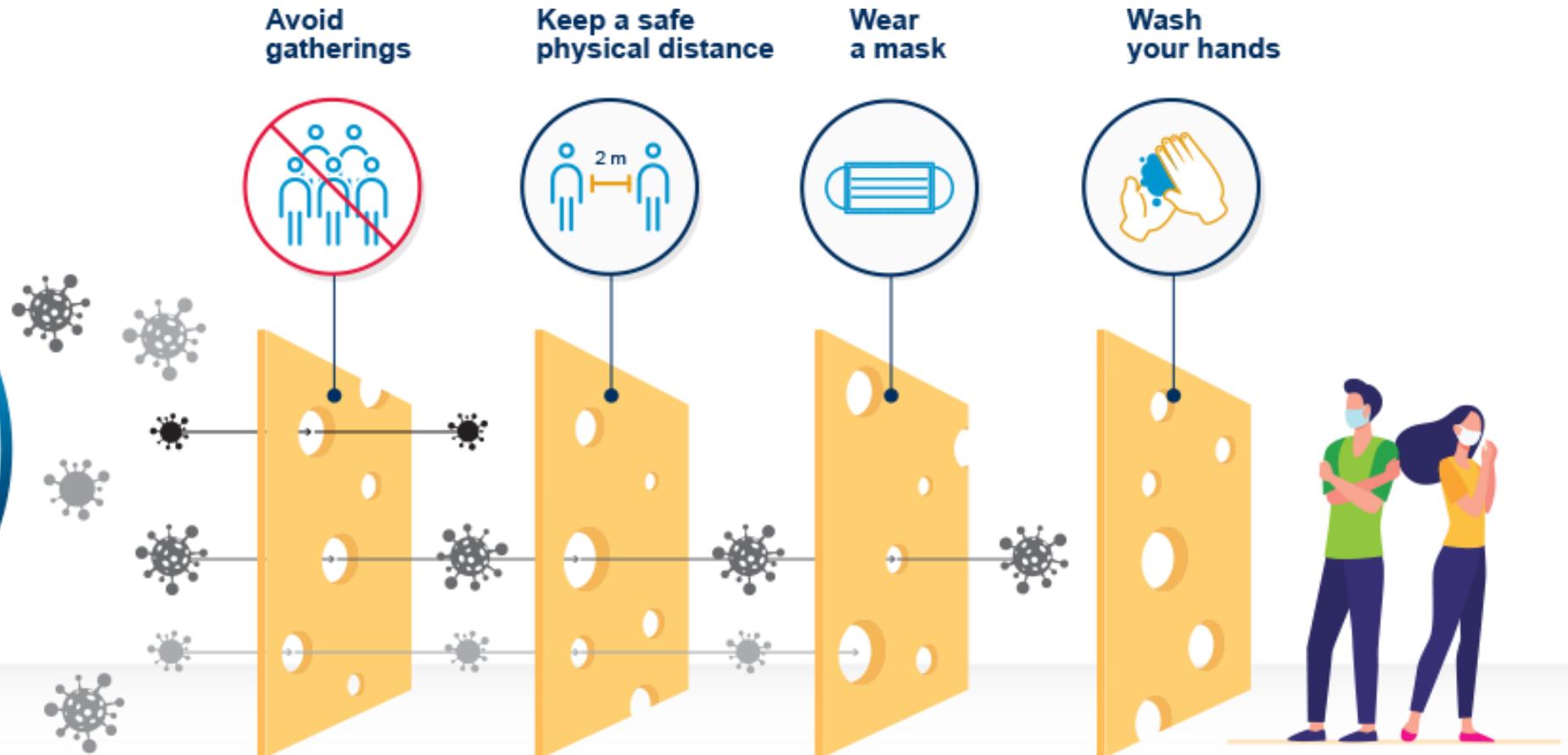
Plus vous mettez de barrières, plus vous vous protégez contre la COVID-19



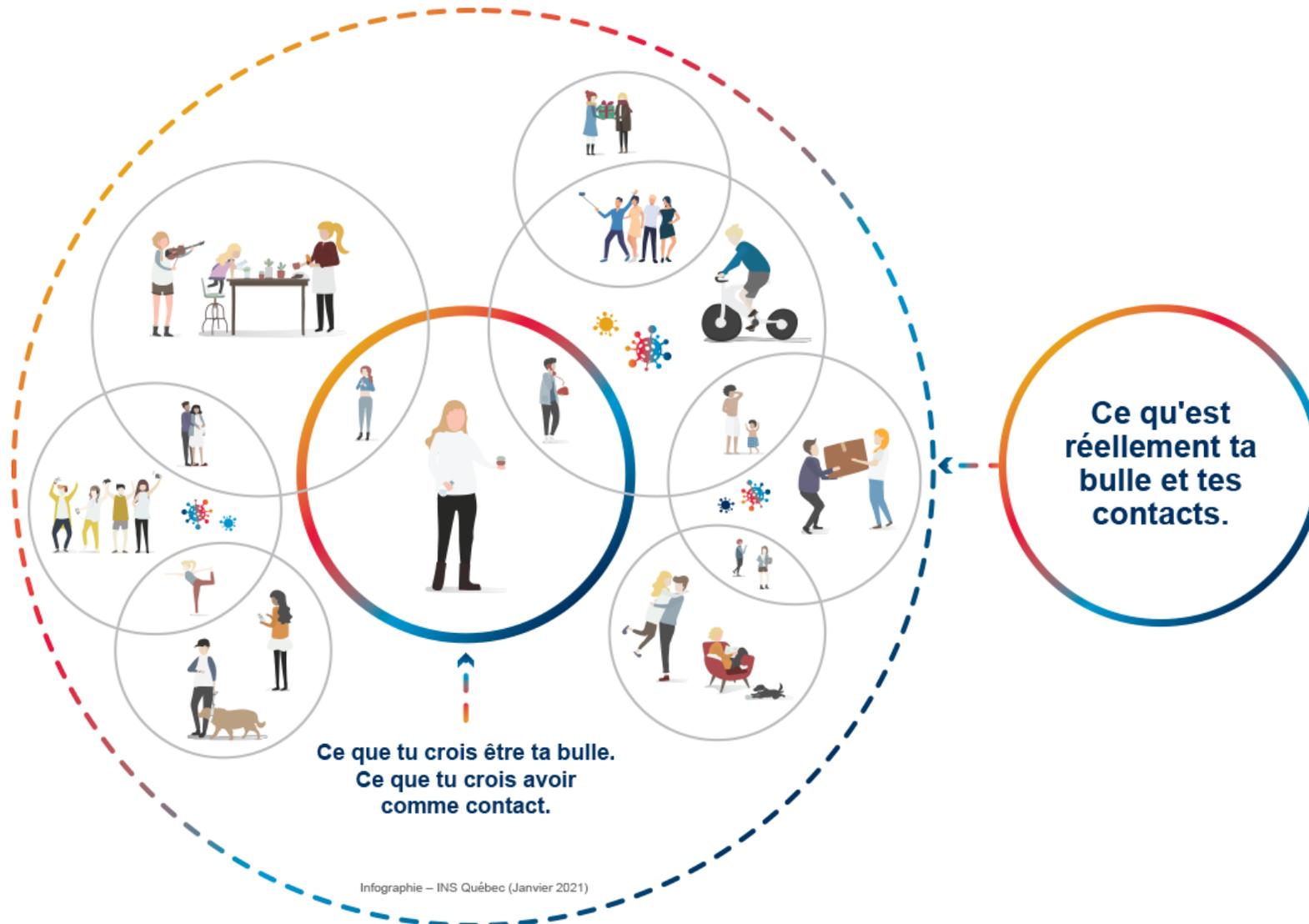
# Mitigate the risk



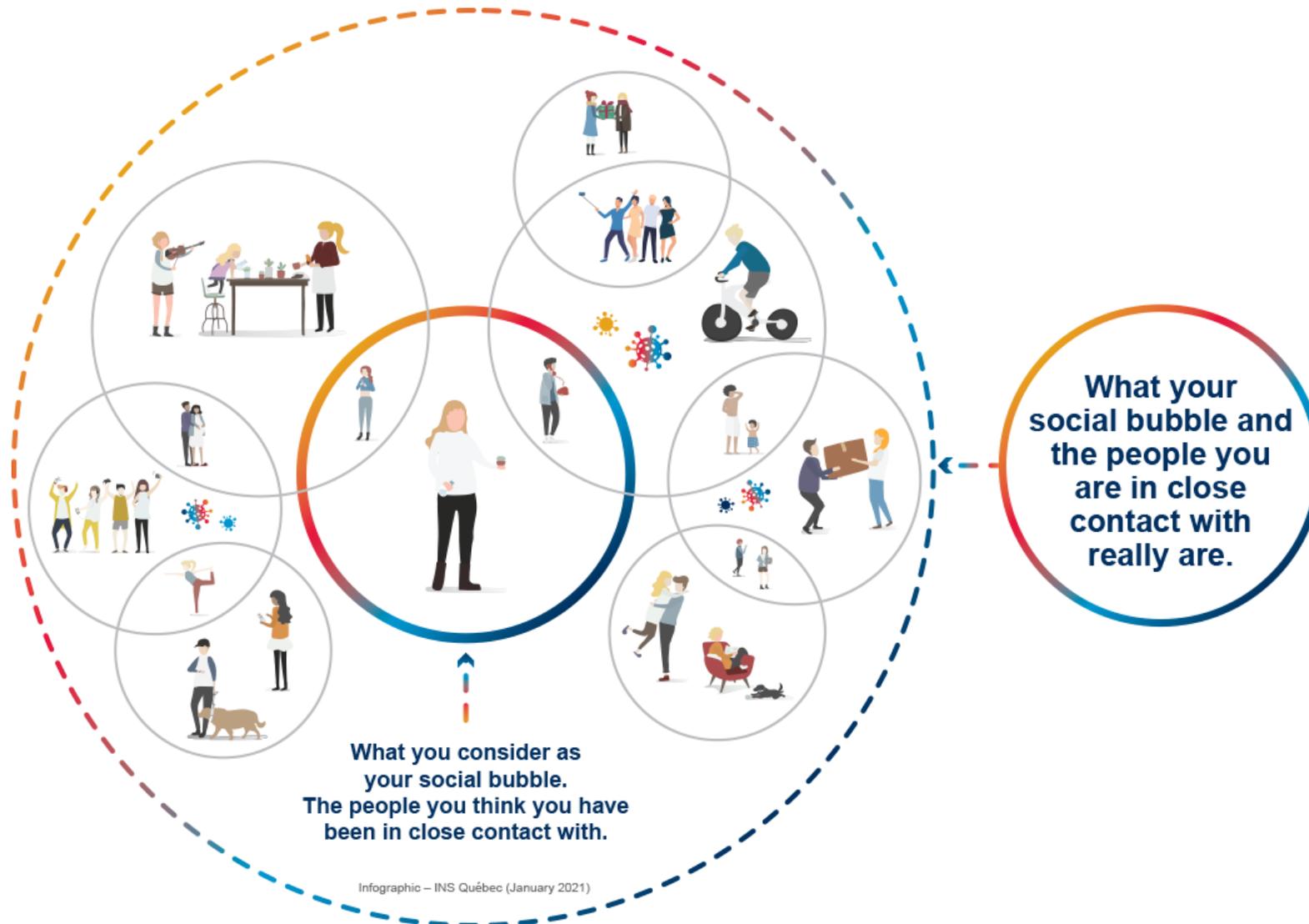
By increasing your barriers, you can protect yourself better against COVID-19



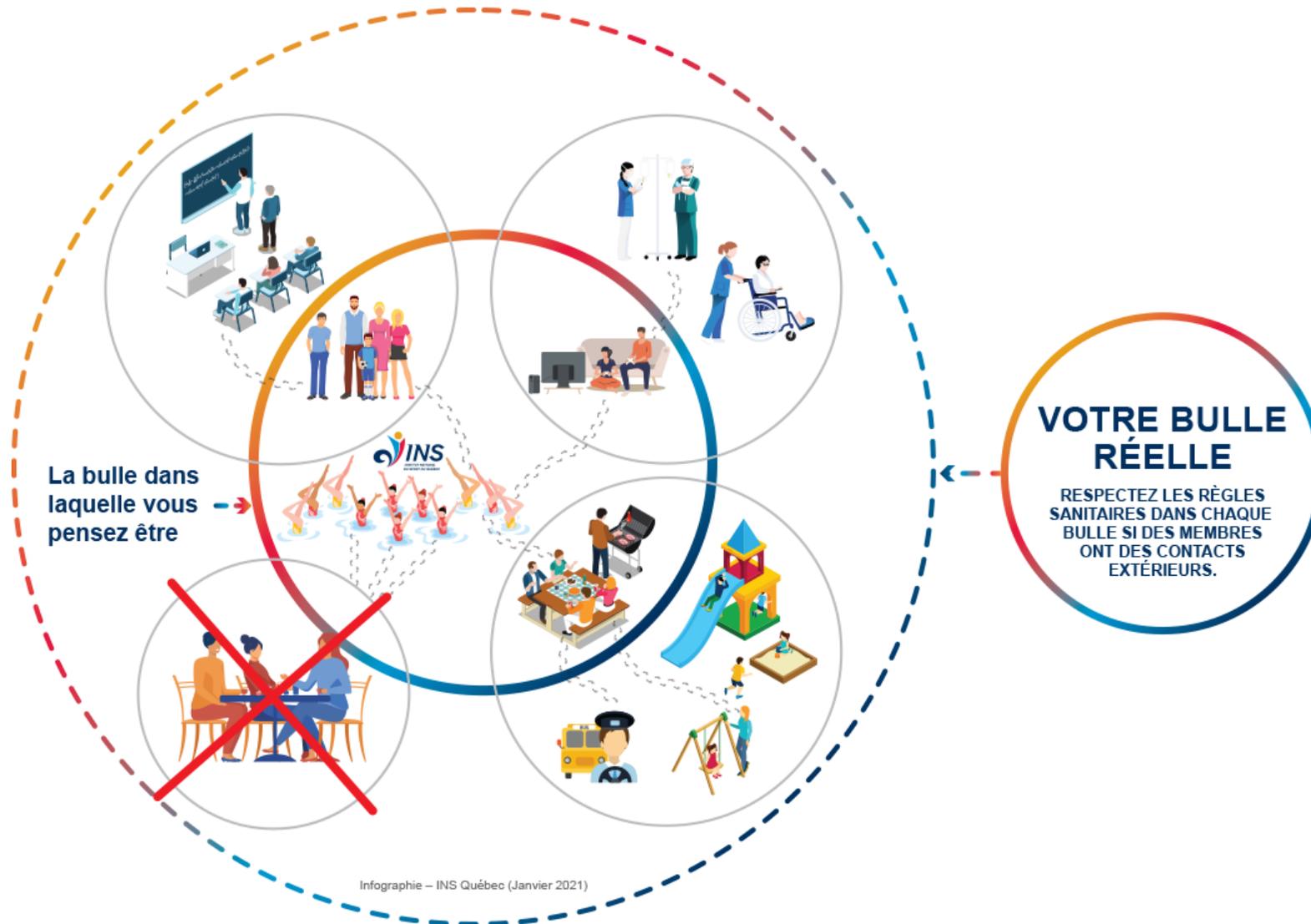
# Bulle-évaluation des contacts



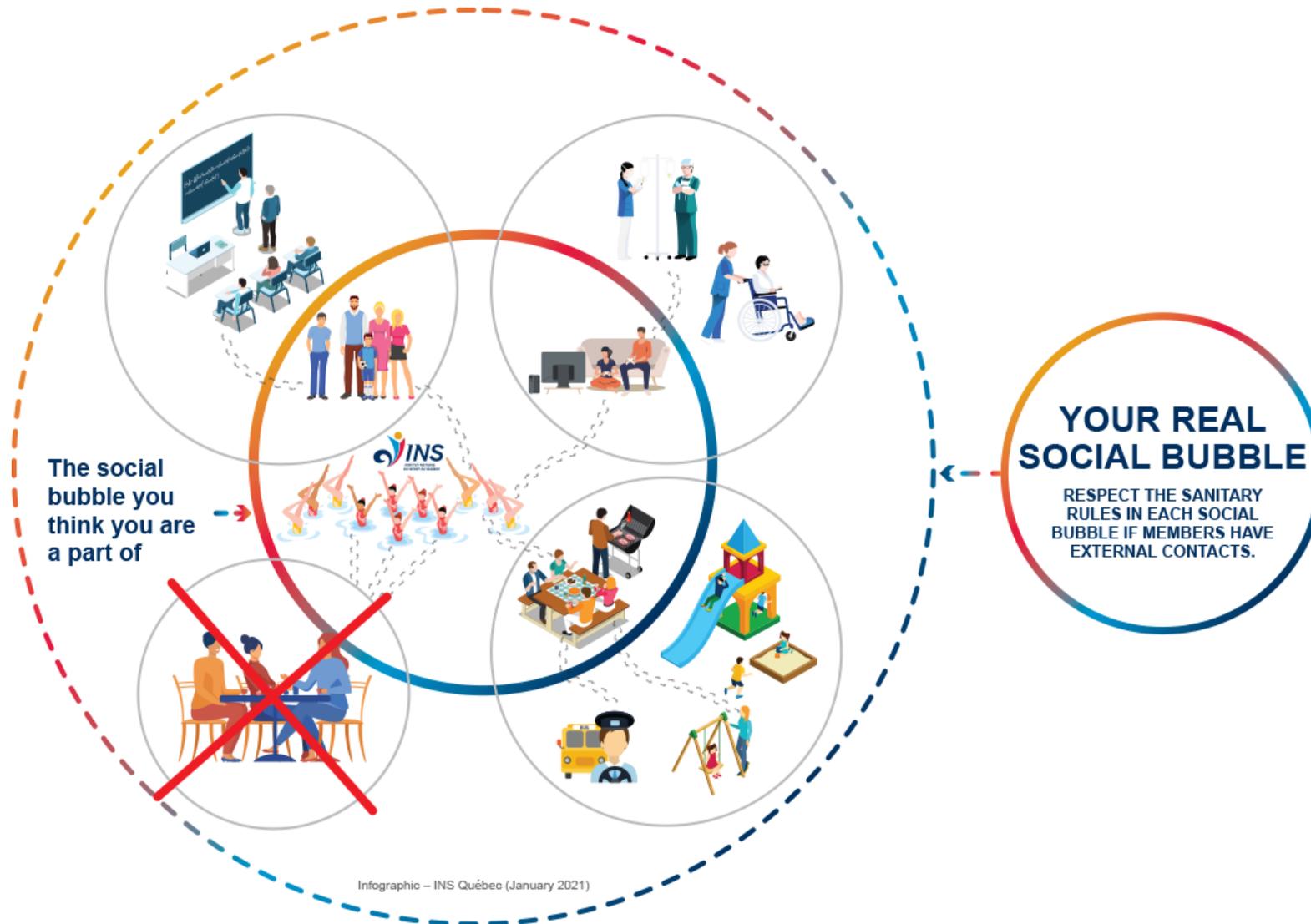
# Bubble-Evaluate your contacts



# Bulle sport ≠ Bulle sociale



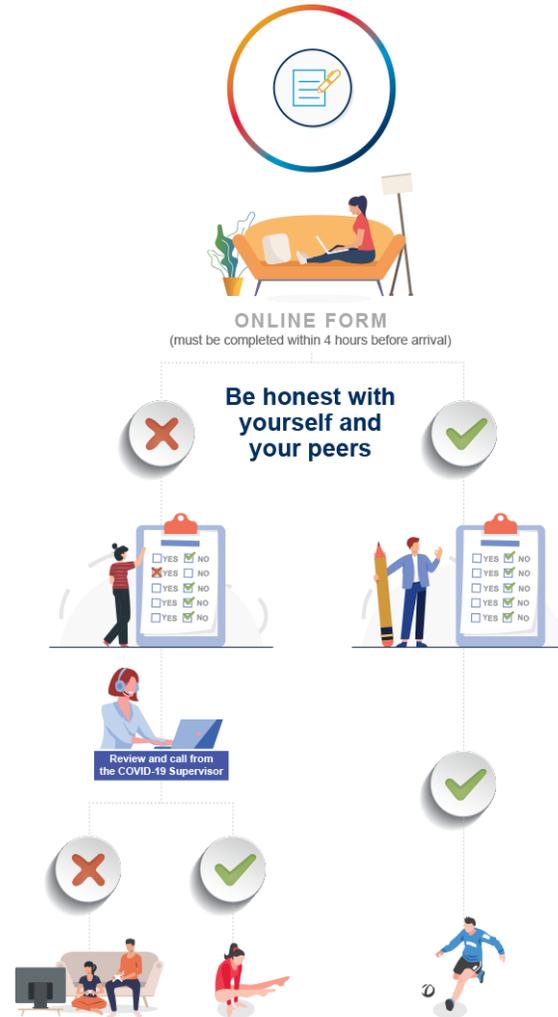
# Sport bubble ≠ Social bubble



# Questionnaire ≠ Interdiction accès



# Questionnaire ≠ Access prohibition



# COVID-19 (SARS CoV-2)

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## I. Coronavirus: une maladie respiratoire légère à grave

### I. Complications

- i. Troubles cardiaques dont arythmies, myocardite, péricardite
- ii. Troubles de la coagulation, dont une thromboembolie et une embolie pulmonaire, une hémorragie et la formation de caillots artériels
- iii. Syndrome de Guillain-Barré (rare)
- iv. Sepsis, choc et défaillance multiviscérale

## II. Bilan médical après **période isolement** (10-14 jours) & **asymptomatique**

## III. Protocole de retour au sport en 6 étapes après **10 jours asymptomatique**

# COVID-19 (SARS CoV-2)

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- I. Coronavirus: a mild to severe respiratory illness
  - I. Complications
    - i. Cardiac disorders including arrhythmias, myocarditis, pericarditis
    - ii. Coagulation disorders including thromboembolism and pulmonary embolism, bleeding and arterial clot formation
    - iii. Guillain-Barré syndrome (rare)
    - iv. Sepsis, shock, and multiple organ failure
  - II. Medical check-up **after isolation period (10-14 days) & asymptomatic**
  - III. Protocol of return to sport in 6 step after **10 asymptomatic days**