**ACSM Call to Action Statement: COVID-19: Considerations for Sports and Physical Activity**

- **Encourage well individuals** to start/continue moderate exercise for 150-300 minutes/week. Small amounts still count!
- **Maintain immune health.** Participate in 150-300 minutes Moderate-to-vigorous physical activity (MVPA)/week. Keep body weight at recommended level.
- **Perform MVPA at home or outside.** Maintain physical distancing guidelines and use a face covering.
- **Employ innovative strategies in the approach to promote physical activity.**
- **Apply & adapt the World Health Organization interim guidelines, COVID-19 mitigation checklists & risk assessment tool kit to each sport discipline.**
- **Optimize sports medicine telehealth for broad appeal & to reach diverse populations. Ensure equal access to all; focus on reaching vulnerable populations, the economically disadvantaged & those with language barriers.**
- **Implement the use of masking & testing to reduce spread and avoid close contact when masking fails.**
- **Develop policies to safely reintroduce group activities that boost physical & mental health.**
- **Individuals at high risk for COVID-19 should refrain from exhaustive exercise, overreaching & overtraining.**
- **Individuals who have contracted COVID-19 should contact their primary care physician to determine how to ensure a safe return to exercise.**
- **Determine evidence-based recommendations for return-to-exercise post COVID-19. Advise rest & no exercise for two weeks after resolution of mild/moderate symptoms or from a positive test result. Follow a slow resumption of exercise with close monitoring by a health care team.**

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