

Here are seven ways to keep your sports team active and remain safe during the Covid-19 pandemic.

### Find Ways To Exercise Safely

A few ways to exercise safely include:

- Go for a bike ride or a run and remember to keep yourself and others safe. Maintain physical distance and wear a mask while doing so to help reduce the chances of spreading or catching the virus.
- Encourage family members to join you in shooting hoops, kicking around a soccer ball or play a simple game of catch.
- Make use of household items to help you train or use whatever gear you have on hand. For example, water bottles can double as weights and there are plenty of ways to use your body weight for weight training.
- Find some workout videos on YouTube and follow along. You can also turn to Facebook or Instagram as many gyms and fitness trainers are offering free or low-cost virtual workouts.

### Host Virtual Trainings

Another way to stay physically active is to move your regular training sessions into a virtual environment. You can use Zoom or Skype to host virtual training sessions on a weekly basis.

Alternatively, consider using various sports and fitness apps to add accountability into solo workouts. Apps like Strava, Hustle At Home Sports Training, adidas Runtastic, and others can be a great way to provide your team with the needed exercise, introduce a little competition into the training, and foster a sense of team connection even when you can't physically train together.

## **Factor In Rest And Recovery Time**

Stress the importance of having a good stretching routine and consider implementing an injury prevention program that will help your athletes avoid and prevent some of the most common sports injuries.

## **Stay Connected With The Team**

We mentioned Zoom and Skype as a way of hosting virtual training practice but that's not all you can use those platforms for. You can also use them to schedule some good old chat and connection time.

Simply checking in with your team members and talking about the mundane things or current events is a good way to help them deal with the challenges of life under quarantine rules as well as strengthen the relationships between individual members.

## **Don't Forget To Train Your Mind**

Now is the best time to encourage your team members to turn to visualization and mental imagery techniques to practice mindfulness and train your mind. You can make mindfulness a part of your regular training or daily routine with the help of apps like Calm or Headspace.

## **Livestream Your Workout Sessions For The Community**

Don't forget that your community is probably facing the same issues as your sports team. Use this time to give back to your community and livestream your workout sessions. You can invite your neighbors as well as fans to join in and help them maintain physical activity as well.

## **Find And Maintain A Routine**

Keeping a regular schedule will ensure that your team members are getting enough exercise to keep them fit and healthy.

A few tips to help you find a routine include:

- Keeping a consistent bedtime and wake up schedule to help your body get enough rest both physically and mentally.
- Maintaining a healthy diet and drinking plenty of water.
- Keeping a positive attitude by focusing on things you can control instead of worrying about things that are beyond your control.
- Keeping a line of communication with your teammates open for moral support and encouragement.