



The following advice is shared for information only and is the guidance provided by the British Rowing Chief Medical Officer to GB Rowing Team rowers and coaches

COVID-19 Advice for rowers who develop illness

These guidelines have been written taking into account current PHE guidelines as from the day of publication. Please be aware that the guidelines are subject to change.

Please note during the Corona Virus Pandemic you should only take anti-inflammatory medication for acute injury and even then only for short periods e.g. 3-5 days max. This is because anti-inflammatory medication is believed to enhance entry of COVID 19 into cells and thereby make you more susceptible to the infection. During illness use Paracetamol for fever/general malaise.

Presenting symptoms that suggest MORE likely to be related to COVID-19

- Fever
- Fatigue
- New persistent dry cough
- Shortness of breath
- Loss of taste and smell
- GI Symptoms such as diarrhoea and nausea

Presenting symptoms that suggest LESS likely to be COVID-19

- Feeling systemically well
- Productive cough
- Nasal congestion, sneezing
- Sore throat

If a rower develops an illness

- They should self-isolate for 7 days
- For advice or if symptoms worsen, in particular if breathing difficulties occur contact NHS 111.

Advice re exercising

There is increasing evidence to suggest that Corona Virus can be a very mild infection for the majority which may mean rowers are tempted to continue exercising through the illness. There is though increasing evidence to suggest it is associated with significant post viral fatigue, and heart/lung complications post infection. It is very important to stop exercising if you develop symptoms and return only when well and with caution.

- Rest for 10 Days from onset of symptoms even mild ones
- If still symptomatic at 10 days continue to rest for a further 7 days.
- Once symptoms have resolved walk daily for 7 days
- If remain well with no breathing difficulties progress back to usual training