

## عنوان مقاله:

Recommendations and Considerations for Resumption Exercise During COVID-19 for Swimmers

## محل انتشار:

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## خلاصه مقاله:

Exercise contributes significantly to the physical, mental, and emotional well-being of athletes. The COVID-19 pandemic has had devastating effects on societies around the world and has led to significant restrictions on all sections of society, including sport. Lack of long-term training leads to detraining and deconditioning, which is a known risk to the physical and mental health of athletes. The gradual resumption of exercise and safe sports can significantly help to restore normalcy in athletes. Swimming, like other sports, was affected, and all swimming pools were closed due to COVID-19. As a result, many people underwent a condition of unfitnes. There is a need to provide a framework and initial recommendations for a safe return to the sport based on current knowledge about COVID-19. The purpose of this review article is to understand the course of COVID-19 and to develop guidelines for the resumption of swimming in Iran, including the considerations and recommendations of various health organizations such as WHO, .CDC, etc

## کلمات کلیدی:

COVID-19, Guideline, Sports Resumption, Exercise Resumption

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