



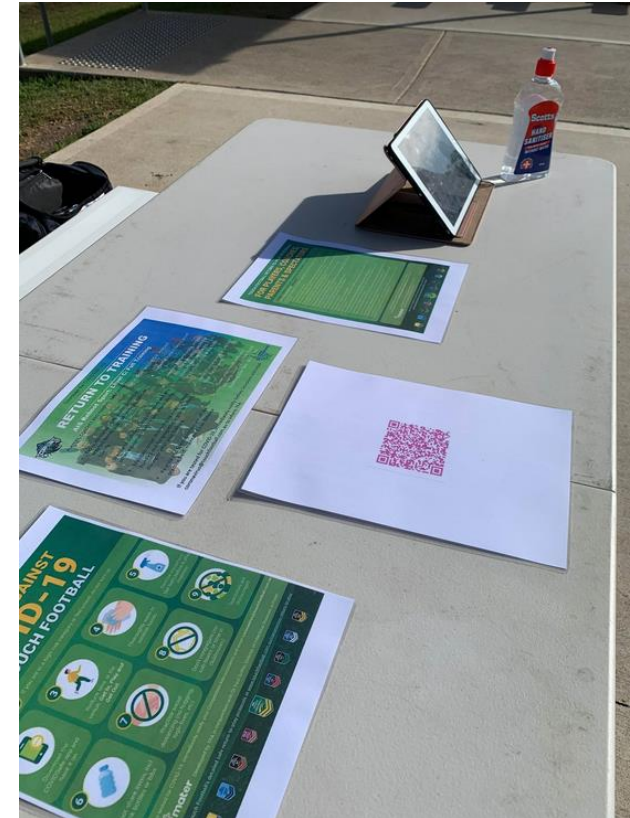
# Sydney Scorpions

NYC COVID-19 & Wellness Check-in  
July 2020

# COVID-19 & Wellness Check-in



- Scorpions have introduced a new COVID-19 & Wellness Check-in initiative that all junior teams must adhere
- Players check-in at their training using a mobile device, via the direct link to the form or via a QR code
- For players without a mobile a shared device will be available
- The COVID-19 question ensures the player is safe to train



# COVID-19 & Wellness Check-in



- The additional questions aim to keep track of our players wellness throughout the campaign and leading into the event
- Scorpions Sports Science will use this data liaising with team officials to monitor player responses
- Player training loads need to be monitored and although we want players fit for the event we do not want burn-out or injuries related to over training
- Tapering during the 10 days leading into the event will also be very important, this is a reduction in training loads to ensure players are fresh for the 4-day NYC event

# COVID-19 & Wellness Check-in



- Wellness questions include the following below via the check-in form.
- Players are encouraged to take time and think about their responses in order to provide meaningful data

What is your current energy level? \*

Low      1      2      3      4      5      High

What is your current soreness level? \*

Can include delayed muscle soreness, muscle stiffness and pain

Very Sore      1      2      3      4      5      Not Sore at all

What is your current mood level? \*

Highly Irritable      1      2      3      4      5      Very Positive

What is your current sleep quality? \*

Sleep quality over 8 hours period. One toilet break at night is acceptable

Poor, Disturbed      1      2      3      4      5      Excellent

# COVID-19 & Wellness Check-in



- Check-in results are then monitored and action taken where required. This could include discussing further with the player and manager and/or coach

Timestamp	Players Name	In the previous 14 days, have you: a) Had any COVID-19 symptoms? b) Been in contact with any confirmed/suspected COVID-19 case? c) Travelled internationally or from Victoria? d) or any hotspot in NSW	What is your current energy level?	What is your current mood level?	What is your current soreness level?	What is your current sleep quality?	Total GO 15-20 Caution 10-14 Stop <9
7/19/2020 10:33:44	Sherry Gross	No, to ALL of these	4	4	5	4	17
7/19/2020 13:55:26	Moses Morris	No, to ALL of these	5	5	1	4	15
7/19/2020 13:55:28	Katy Rush	No, to ALL of these	2	3	2	2	9
7/19/2020 13:55:39	Kyla Power	No, to ALL of these	5	4	3	5	17
7/19/2020 13:56:02	Adelaide Rocha	No, to ALL of these	4	4	2	5	15
7/19/2020 13:56:04	Sidney Pacheco	No, to ALL of these	5	5	4	5	19
7/19/2020 13:56:04	Willie Atkins	No, to ALL of these	4	4	2	4	14
7/19/2020 13:56:05	Allan Holcomb	No, to ALL of these	3	3	4	4	14
7/19/2020 13:56:14	Gus Everett	No, to ALL of these	4	5	4	5	18
7/19/2020 13:56:38	Arabella Schaefer	No, to ALL of these	5	5	5	4	19
7/19/2020 13:56:52	Lacie Vasquez	No, to ALL of these	3	3	5	3	14
7/19/2020 13:56:53	Marta Finley	No, to ALL of these	3	3	2	3	11
7/19/2020 13:57:31	Zoha Walter	No, to ALL of these	4	5	5	5	19

# COVID-19 & Wellness Check-in



## RECOVERY PYRAMID

NEURAL; MUSCULAR; PSYCHOLOGICAL; SUBSTRATE

**R**ECOVERY 10%



Everything else  
Recovery Checklist  
THE 1%ER'S THAT COUNT



90%

NUTRITION



SLEEP



WELLBEING



# COVID-19 & Wellness Check-in



Should you have any questions please contact your Team Manager or Sydney Scorpions

