

# RE-ENTRY

## **COVID-19 HAPPENED AND THINGS ARE DIFFERENT NOW.**

Some people have said that it is a new normal, but it is likely more realistic to think of it as a before and after. Things are different now.

When you return to sport, you may find that there is more to be cautious about. You need to bring things with you and engage in habits such as regularly sanitizing your hands. Keep in mind all of these changes take energy. Anytime we do something new, it means we have to think about it. And all of this new stuff can be exhausting. Pay attention to how you feel and do what you need to take care of yourself during this time.

You may need to avoid high fiving teammates or keep distance from your buddies whereas before hanging out was the best part. Make sure to create time for connection. Even if it looks different, ensuring you have time to interact is an important part of any practice.

As you return to sport, you may be at a point in your season where you were peaking in the past and you may not be as fit or capable as you were before. Be accepting of where you are when you arrive. Start from this place and rather than be stressed by where you want to get to, think about what you can do in order to get better at this practice or during this upcoming week.

Some people will find that they worry about the future. Wondering if their sport will ever get back to 'normal' or fearing that it will get once again shut down. When you find your head wanders forward, gently bring it back. And ask yourself what is important and what do you have control over right now?

Months have passed since you have done your sport, and you have experienced a global pandemic. You will have changed during this time. As you return to sport, get to know the new you and if you have teammates, spend time getting to know and understand them as well.

Everyone who returns to sport will be in a different place. And that is okay. Be honest about where you are at; continue to communicate with yourself and your coach. Allow yourself to have fun and enjoy doing what you love.

After every time you do your sport, commit to learning and getting better. Spend a few minutes to reflect on what went well and what you want to improve at the next practice. Be patient and kind as you work your way back.