

# January 2021 Newsletter

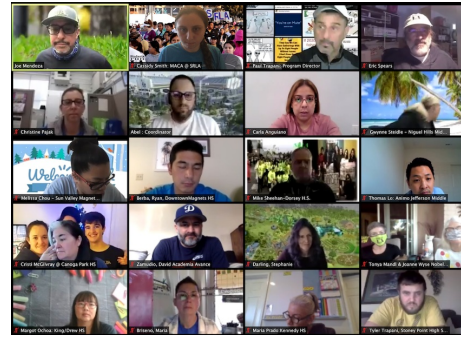
## 2021 Update:

### Keeping Students Running in a COVID-19 Hotspot

Winter has been difficult in Los Angeles. Today, on average, [10 Angelenos are testing positive for COVID-19 every minute](#). Due to this widespread outbreak, at Students Run LA, we have taken steps to ensure that we are putting the needs of our students and leaders first. Our [midseason student survey](#) gave us a window into the needs of our runners. Read on to learn about the resources and opportunities you have helped us provide to keep our students running healthy and safe...



**Boosting Motivation with the Winter Workouts Challenge:**  
Over winter break, SRLA held an online *Winter Workouts Challenge* where students, leaders, and supporters could submit daily proof that they were staying active! Each submission earned another entry into our weekly raffle. Over the three-week challenge, *225 runners participated, 680 workouts were submitted, and 15 raffle prizes, including gift cards and running gear, were mailed out to winners!*



**Keeping Leaders Informed at Marathon Leader Meeting 3:**  
While we've been connecting regularly with leaders over the phone, on email, and at our remote distributions, this week we had the first leader meeting of 2021. The leader meeting provided an opportunity for leaders to share information about how their group was handling the current outbreak. Here are some key data we learned during the leader meeting:

- 70% of groups have had one or more runner diagnosed with COVID-19
- A majority of groups are seeing 50% of runners submit their activities on time
- The most common concern was keeping students motivated while not meeting in person.

GRADUATED RETURN TO PLAY PROTOCOL						
UNDER MEDICAL SUPERVISION						
	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
ACTIVITY DESCRIPTION	REST	WALKING	WALKING WITH INTERVALS	WALKING WITH INTERVALS	WALKING WITH INTERVALS	WALKING WITH INTERVALS
EXERCISE ALLOWED	REST	WALKING	WALKING WITH INTERVALS	WALKING WITH INTERVALS	WALKING WITH INTERVALS	WALKING WITH INTERVALS
HEART RATE MAX	REST	100%	100%	100%	100%	100%
DURATION	REST	10-15	15-20	20-30	30-45	45-60
OBJECTIVE	REST	WALKING	WALKING WITH INTERVALS	WALKING WITH INTERVALS	WALKING WITH INTERVALS	WALKING WITH INTERVALS
MONITORING	REST	WALKING	WALKING WITH INTERVALS	WALKING WITH INTERVALS	WALKING WITH INTERVALS	WALKING WITH INTERVALS

ACRONYMS: I=ISSUE INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORTS; RPE (RATED PERCEIVED EXERTION SCALE)  
NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT

**Providing Guidance on a Return to Training Post-COVID-19:**  
When SRLA leaders began wondering *when and how to return to training after a positive COVID-19 diagnosis*, friends at the Orthopaedic Institute for Children pointed us towards [this helpful publication on "graduated return to play"](#), which details the timeline for returning to physical activity after recovery.

## Upcoming Events

**SRLA Leadership Challenge**  
date: Sunday, January 24th  
Distance: Half Marathon, 30K, Challenge Event

**SRLA Action Challenge**  
Date: Sunday, February 21st  
Distance: 30K, 5K, Challenge Event

**SRLA Cross the Finish Line Challenge**  
*\*Final Event of the Season!*  
Sunday, March 21st



The **Cross the Finish Line Challenge** is the final event of the 2020 - 21 SRLA Season. We're keeping students in it for the long run with a medal that's worth the miles!