



UNIVERSITÀ
di VERONA

Dipartimento
di **NEUROSCIENZE,**
BIOMEDICINA E MOVIMENTO



INTERNATIONAL VIRTUAL WORKSHOP

December 11th 2020 at 1:30 pm

MANAGING OUTDOOR ACTIVITIES DURING COVID PERIOD

Experiences, Rules, Solutions and Perspectives from European Countries

During Covid period people are less engaged in physical activity worldwide, creating a greater risk of health loss. However, training indoors can represent a risk for increasing infection. Therefore the only real solution to this problem is to reinforce people to do physical activity outdoors while respecting existing social distancing rules. Taking into consideration this particular situation the need of exchanging knowledge about possible urgent solutions becomes of paramount importance.

Following on former project of OSRESS 2020, we are now proposing a virtual international workshop, with the aim to discuss about experiences, rules, solutions and perspectives in different European countries regarding the management of the outdoor activities during Covid period.

Federico Schena, Juris Grants

Participation is free, registration is required at the following link:

https://univr.zoom.us/webinar/register/WN_dqP-pmDqQkSQnmC_19KP_g

Registration deadline: 9th december 2020

Info 

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PROGRAMME OF THE INTERNATIONAL VIRTUAL WORKSHOP

13.30-14.00 *Opening welcome and Programme introduction, **Federico Schena, Juris Grants***

14.00-16.00 Main Session

Managing Outdoor Activities During Covid Period. Experiences, Rules, Solutions and Perspectives from European countries

14.00-14.15 *Enjoyment in Safety: Adjustments of Physical Activity Games to COVID Rules, **Valentina Biino** (University of Verona, Italy)*

14.15-14.30 *Nordic Walking and Orienteering as Recreational Activities on Health Promotion in Latvia: Covid-19 in the Shadow, **Kalvis Ciekurs** (Latvian Academy of Sport Education, Latvia)*

14.30-14.45 *Popularisation of Outdoor Physical Activity during Covid-19 Times by Students of Academy of Physical Education in Biała Podlaska, **Weronika Grantham, Anna Bodasińska, Krzysztof Piech** (Józef Piłsudski University of Physical Education in Warsaw, Branch in Biała Podlaska, Poland)*

14.45-15.00 *A Health Coach Experiences due to Covid-19 and its Effect on Individuals Physical Activity, **Cassandra Spoonberg** (Swedish School of Sport and Health Sciences, Sweden)*

15.00-15.15 *Project "Forever Young 65+", **Vytė Kontautienė, Asta Budreikaitė** (Physical Education and Sport Pedagogy - Klaipėda university, Lithuania)*

15.15-15.30 *Health Management and Outdoor Physical Activity in Covid Conditions for Persons Engaged in Office Mental Work (40 years +), **Valdemaras Kavaliauskas** (Individual practice in the „VK Health Management" program, Lithuania)*

15.30-15.45 *Outdoor activity in primary schools: how to adapt "The Daily Mile" to physical distancing guidelines, **Gennaro Boccia** (University of Turin, Italy)*

15.45-16.00 *Ski activities during Covid - TBC*

16.00-16.45 Round table

International Collaboration as Added Value Along Covid Time

16.45-17.00 Closing remarks