

CFBC

VANCOUVER · SINCE 2008

FREE GUIDE

RECOVERY · PRACTICAL GUIDE

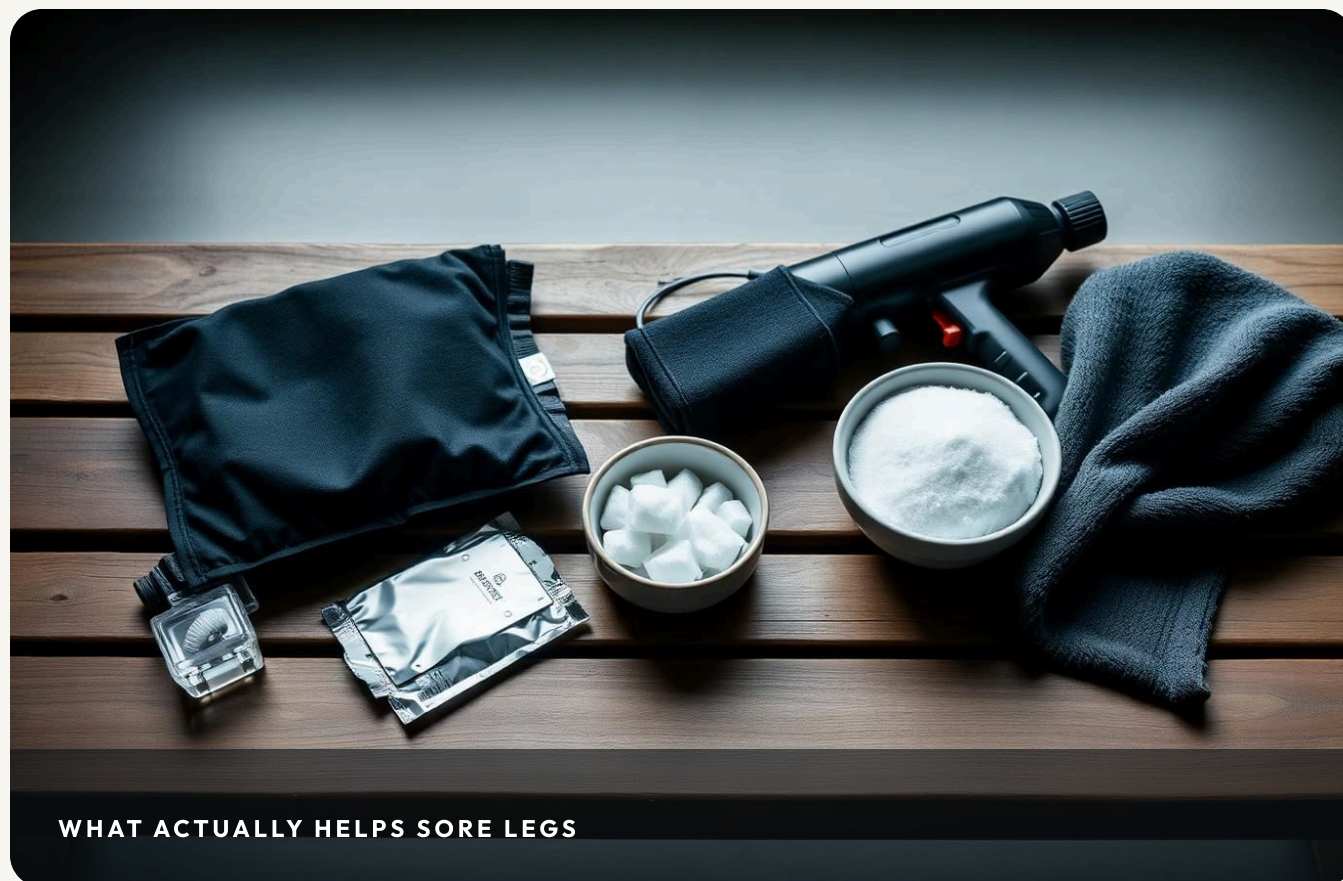
THE DOMS **RECOVERY** CHECKLIST

A traffic-light way to decide if you should train today, plus the recovery fundamentals that actually work.

TRAFFIC LIGHT

WARNING SIGNS

NEXT SESSION



WHAT ACTUALLY HELPS SORE LEGS

CAN I TRAIN TODAY?

MATCH HOW YOU FEEL TO A LIGHT, THEN FOLLOW THE PLAN

When in doubt, drop a level and talk to your coach. This checklist is educational only. It cannot diagnose an injury. If symptoms are severe, unusual, or getting worse, contact a qualified healthcare professional.

Green light

Mild stiffness, you move normally, and it eases off during the warm-up.

- Train. Warm up gradually, reduce load or volume where it helps, and choose quality over ego.

Yellow light

Moderate soreness, reduced range of motion, poor sleep, or you are just not sure.

- Modify. Tell your coach, use lighter loads and less eccentric work, and stop if movement falls apart.

Red light

Sharp or joint pain, major swelling, big weakness, dark urine, or feeling unwell.

- Stop. Do not sweat it out. Seek appropriate professional or urgent medical guidance.

GENERAL GUIDANCE, NOT A DIAGNOSIS

This checklist is educational only. It cannot diagnose an injury. If symptoms are severe, unusual, or getting worse, contact a qualified healthcare professional.

RECOVER WELL, THEN COME BACK READY

FUNDAMENTALS & NEXT SESSION

The boring basics do the heavy lifting. Tick them off over the next 24 to 48 hours.

Recovery fundamentals (24 to 48h)

- ☐ Sleep well tonight and the next night. This is your best recovery tool.
- ☐ Eat enough total food, with protein spread across the day, plus fruit and veg.
- ☐ Move gently: a walk, easy cycle, or light mobility. Restorative, not a secret workout.
- ☐ Drink to thirst. Massage, foam rolling, or heat can help you feel better if you like them.
- ☐ Skip the big night out. Recovery and a hangover do not share a calendar.

Watch for these warning signs

- ☐ Severe or rapidly increasing swelling, or a specific pop, snap, or moment of injury.
- ☐ Sharp pain, pain around a joint, instability, or the area not working normally.
- ☐ Dark or cola-coloured urine, or a big drop in how much you are urinating.
- ☐ Fever, confusion, faintness, extreme weakness, or feeling seriously unwell.

At your next class

- ☐ Arrive early and tell your coach exactly what is sore.
- ☐ Warm up thoroughly, then reassess how the sore area feels.
- ☐ Scale the session intelligently and leave a few reps in reserve.
- ☐ Focus on movement quality. Consistency beats one heroic session.

NEXT STEP**NOT SURE IF YOU SHOULD TRAIN TODAY?**

Every coach at CrossFit BC has walked members through exactly this triage. Bring what's sore, and we will help you decide.

crossfitbc.com/free-trial