

New GRTP Test Discount & Free GRTP Practice

Basketball New Zealand
COVID-19 Graduated Return to Play (GRTP)
Guidelines for coaches and players to help transition through the RTP stages

Stage	Duration (minimum)	Guidelines	Decision
Stage 1	7 days *	- Minimum rest period (self-isolation). Household activities of daily living - Light core strength exercises when feeling well enough - Light body weight strengthening exercises when feeling well enough - Light roller and stretching exercises may be useful at this stage	Self-isolation: After 7-days I have no worsening of symptoms or more fatigued than day before.
Stage 2	2 days	- Light aerobic activity (Running, Bike and Body weight circuits) - Keep the intensity low (RPE 1-2) at <70% HR_{max} working for 15 minutes only - Monitor how you feel the next day (must not be more fatigued than day before) - To aid your recovery use the Recovery Checklist	Above neck symptoms only: After 2-days I have no worsening of symptoms or more fatigued than day before.
Stage 3a	2 days	- Increase the intensity of the activities working at <80% HR_{max} (RPE 3-4) - Individual ball handling and shooting drills for 30 minutes only - Check heart rate and modify intensity as necessary - No more than 50% uppermost training load	Asymptomatic (No symptoms): After 2-days I have no worsening of symptoms or more fatigued than day before.
Stage 3b	2 days	- Progress to more complex training drills at RPE 5-6 for 45 minutes - Perform conditioning activities at a heart rate <80% HR_{max} - Introduce competitive drills <20% of session time - No more than 70% uppermost training load	Actual training volume to equal 30% reduction uppermost planned training volume After 1-day I have no worsening of symptoms or more fatigued than day before.
Stage 4	2 days	- Resume team training at 80% uppermost training load - Keep heart rate <80% HR_{max} and train for 60 minutes - Competitive and contact work <30% of session time - Maximise recovery – use the Recovery Checklist to aid recovery	Actual training volume to equal 20% reduction uppermost planned training volume After 2-days I have no worsening of symptoms or more fatigued than day before.
Stage 5	2 days	- Back into high intensity and full training leading into competition - Manipulate training components as required to meet player needs - Progress to live ball play situations - Continue to monitor Health and Wellness status	

RETURN TO PLAY

KEY POINTS

1. Calculate your max heart rate: $220 - \text{age} = \text{HR}_{\text{max}}$ (used to gauge your intensity)
2. Continue to monitor how you feel the next day (Health, Wellness and Recovery status)
3. Days allocated to each stage are a guide only (will differ based on the individual)
4. Progression allowed when minimum days achieved with no worsening of symptoms or more fatigued than day before

* New Zealand Government, Ministry of Health. People with COVID-19
<https://www.health.govt.nz/our-work/coronavirus/covid-19/health-advice/public/people-with-covid-19>

Adapted from:
1. Elliott, N., et al. (2020). Infographic: Graduated return to play guidance following COVID-19 infection. *British Journal of Sports Medicine*, 54(78), 174-175.
2. Bird, S.P., et al. (2020). Basketball New Zealand Guidelines: Safe return to training for players in preparation for a condensed National Basketball League season following COVID-19 restrictions. *New Zealand Journal of Sports Medicine*, 47(1), 49-53.
3. NetballSmart COVID-19 Care. Netball New Zealand.

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BASKETBALL New Zealand

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GIAC Red Team Professional Sample Questions (Q98-Q103):

NEW QUESTION # 98

In advanced persistent threats (APTs), what is the primary objective of domain leveraging?

Response:

- A. To advertise the presence of the attacker in the network
- **B. To maintain long-term access for ongoing espionage or data exfiltration**
- C. To disrupt the target organization's daily operations
- D. To provide a base for launching attacks on external organizations

Answer: B

NEW QUESTION # 99

What is the primary function of a Command and Control (C2) infrastructure in adversary emulation?

Response:

- **A. To establish communication between compromised systems and attackers**
- B. To block incoming network traffic
- C. To capture and store network traffic
- D. To encrypt all system data

Answer: A

NEW QUESTION # 100

What techniques are utilized for maintaining access within a domain?

Multiple Correct Answers

Response:

- **A. Deploying additional backdoors on strategic systems**
- B. Regularly updating software and patches on compromised systems
- **C. Establishing covert channels**
- D. Conducting periodic reconnaissance to find new targets

Answer: A,C

NEW QUESTION # 101

In a C2 infrastructure, what role does the 'stager' play?

Response:

- A. It wipes traces of activities from the infected host.
- **B. It establishes the initial connection between the payload and the C2 server.**
- C. It encrypts data before exfiltration.
- D. It performs reconnaissance within the compromised network.

Answer: B

NEW QUESTION # 102

When attempting to escalate privileges, why is it important to understand the network services and software versions running on the target machine?

Multiple Correct Answers

Response:

- A. To ensure compatibility with the attacker's toolkit
- **B. To find misconfigurations that can be leveraged for escalation**
- C. To tailor the social engineering attacks more effectively
- **D. To identify services that are vulnerable to known exploits**

Answer: B,D

NEW QUESTION # 103

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