



Design: Vicky Earle

Journal of the British Association of Sport and Exercise Medicine

**Editor-in-Chief**

Jonathan Drezner (USA)

**Editors**

Joanne Kemp (Australia)  
Jon Patricios (South Africa)  
Jane Thornton (Canada)

**Editorial Office**

BMJ Publishing Group Ltd  
BMA House  
Tavistock Square  
London WC1H 9JR, UK  
E: [bjsm@bmj.com](mailto:bjsm@bmj.com)  
Twitter: [@BJSM\\_BMJ](https://twitter.com/BJSM_BMJ)

**Guidelines for Authors and Reviewers**

Full instructions are available online at <http://bjsm.bmj.com/pages/authors/>. Articles must be submitted electronically <http://bjsm.bmj.com/pages/authors/>. Authors retain copyright but are required to grant *BJSM* an exclusive licence to publish (<http://authors.bmj.com/submitting-your-paper/copyright-and-authors-rights/>).

ISSN: 0306-3674 (print)  
ISSN: 1473-0480 (online)

**Impact factor:** 12.68

**Disclaimer:** The Editor of *British Journal of Sports Medicine* has been granted editorial freedom and *British Journal of Sports Medicine* is published in accordance with editorial guidelines issued by the World Association of Medical Editors and the Committee on Publication Ethics. *British Journal of Sports Medicine* is primarily intended for healthcare professionals and its content is for information only. The Journal is published without any guarantee as to its accuracy or completeness and any representations or warranties are expressly excluded to the fullest extent permitted by law. Readers are advised to independently verify any information on which they choose to rely. Acceptance of advertising by *British Journal of Sports Medicine* does not imply endorsement. Neither *BASEM* nor BMJ Publishing Group Limited shall have any liability for any loss, injury or damage howsoever arising from *British Journal of Sports Medicine* (except for liability which cannot be legally excluded).

Copyright: © 2021 BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine. All rights reserved; no part of this publication may be reproduced in any form without permission.

*BJSM* is published by BMJ Publishing Group Ltd, typeset by Exeter Premedia Services Private Ltd, Chennai, India and printed in the UK on acid-free paper.

*British Journal of Sports Medicine*, ISSN 0306-3674 (USPS 3957) is published bimonthly by BMJ Publishing Group Ltd, BMA House, Tavistock Square, WC1H 9JR London. Airfreight and mailing in the USA by agent named World Container Inc, 150-15, 183rd Street, Jamaica, NY 11413, USA. Periodicals postage paid at Brooklyn, NY 11256. US Postmaster: Send address changes to *British Journal of Sports Medicine*, World Container Inc, 150-15, 183rd Street, Jamaica, NY 11413, USA. Subscription records are maintained at BMA House, Tavistock Square, WC1H 9JR London. Air Business Ltd is acting as our mailing agent.

**Contents**


**Warm up**

- 407** Expanding the sport and exercise medicine online community and quality international education: join the SMA journey in 2021!  
*L R West, J Kemp*


**Editorials**

- 409** Importance of nutrition in football: the coach's perspective  
*A Wenger*
- 410** Hydration for the Tokyo Olympics: to thirst or not to thirst?  
*J D Périard, T Eijsvogels, H A M Daanen, S Racinais*
- 411** Social distancing and COVID-19: an unprecedented active transport public health opportunity  
*J H M Brooks, R Tingay, J Varney*
- 412** The importance of nutrition in football: perspective of a national team's doctor  
*T Meyer*
- 413** Low cardiorespiratory and mitochondrial fitness as risk factors in viral infections: implications for COVID-19  
*J Burtcher, G P Millet, M Burtcher*

**Consensus statement**

- 416**  UEFA expert group statement on nutrition in elite football. Current evidence to inform practical recommendations and guide future research  
*J Collins, R J Maughan, M Gleeson, J Bilsborough, A Jeukendrup, J P Morton, S M Phillips, L Armstrong, L M Burke, G L Close, R Duffield, E Larson-Meyer, J Louis, D Medina, F Meyer, I Rollo, J Sundgot-Borgen, B T Wall, B Boullousa, G Dupont, A Lizarraga, P Res, M Bizzini, C Castagna, C M Cowie, M D'Hooghe, H Geyer, T Meyer, N Papadimitriou, M Vouillamoz, A McCall*

**Reviews**

- 417** Return to sport for North American professional sport leagues in the context of COVID-19  
*J P DiFiori, G Green, W Meeuwisse, M Putukian, G S Solomon, A Sills*
- 422**  Do smartphone applications and activity trackers increase physical activity in adults? Systematic review, meta-analysis and metaregression  
*L Laranjo, D Ding, B Heleno, B Kocaballi, J C Quiroz, H L Tong, B Chahwan, A L Neves, E Gabarron, K P Dao, D Rodrigues, G C Neves, M L Antunes, E Coiera, D W Bates*

**Original research**

- 433** Cultural and environmental associations with body image, diet and well-being in NCAA DI female distance runners: a qualitative analysis  
*T L Carson, T Tournat, K Sonnevill, R F Zernicke, C Karvonen-Gutierrez*

**Subscription information**

*British Journal of Sports Medicine* is published monthly; subscribers receive all supplements

**Institutional rates 2021**

**Print** £952

**Online** Site licences are priced on FTE basis and allow access by the whole institution. Details available online at <http://journals.bmj.com/content/subscribers?bjsm>

**Personal rates 2021**

**Print** (includes online access at no additional cost) £334

**Online only** £198

ISSN 0306-3674 (print); 1473-0480 (online)

Personal print or online only and institutional print subscriptions may be purchased online at <http://group.bmj.com/subscribe?bjsm> (payment by Visa/ Mastercard only) Residents of some EC countries must pay VAT; for details, call us or <http://journals.bmj.com/content/subscribers?bjsm>

**MORE CONTENTS ►**



This article has been chosen by the Editor to be of special interest or importance and is freely available online.



This article has been made freely available online under the BMJ Journals open access scheme. See <http://bjsm.bmj.com/site/about/guidelines.xhtml#open>



This journal is a member of and subscribes to the principles of the Committee on Publication Ethics [www.publicationethics.org](http://www.publicationethics.org)



The online version of this article contains multiple choice questions hosted on BMJ Learning.

- 438** Prevalence and frequency of menstrual cycle symptoms are associated with availability to train and compete: a study of 6812 exercising women recruited using the Strava exercise app

*G Bruinvels, E Goldsmith, R Blagrove, A Simplein, N Lewis, K Morton, A Suppiah, J P Rogers, K E Ackerman, J Newell, C Pedlar*

- 444** Randomised controlled trial of an augmented exercise referral scheme using web-based behavioural support for inactive adults with chronic health conditions: the e-coachER trial

OPEN ACCESS

*A Taylor, R S Taylor, W Ingram, S G Dean, K Jolly, N Mutrie, J Lambert, L Yardley, A Streeter, C Greaves, C McAdam, L Price, N K Anokye, J Campbell*

## PhD Academy Award

- 451** Making junior cricket safer for Sri Lanka (PhD Academy Award)  
*P J Gamage*

## Infographics

- 453** Infographic. UEFA expert group 2020 statement on nutrition in elite football  
*J Collins, R J Maughan, M Gleeson, J Bilborough, A Jeukendrup, J P Morton, S M Phillips, L E Armstrong, L M Burke, G L Close, R Duffield, E Larson-Meyer, J Louis, D Medina, F Meyer, I Rollo, J K Sundgot-Borgen, B Wall, B Boulosa, G Dupont, A Lizarraga, P Res, M Bizzini, C Castagna, C M Cowie, M D'Hooghe, H Geyer, T Meyer, N Papadimitiou, M Vouillamoz, A McCall*

- 456** Infographic. Managing a confirmed or suspected COVID-19 case: a guide for sports  
*A Rankin, N Heron*

## Patient voices

- 459** My total hip replacement  
*L Grant*