

## Recommendations for exercise in long QT syndrome

Recommendations	Class <sup>a</sup>	Level <sup>b</sup>
It is recommended that all exercising individuals with LQTS with prior symptoms or prolonged QTc be on therapy with beta-blockers at target dose. <sup>529</sup>	<b>I</b>	<b>B</b>
It is recommended that exercising individuals with LQTS should avoid QT prolonging drugs ( <a href="http://www.crediblemeds.org">www.crediblemeds.org</a> ) and electrolyte imbalance such as hypokalaemia and hypomagnesaemia. <sup>529</sup>	<b>I</b>	<b>B</b>
Shared decision making should be considered regarding sports participation in patients with genotype-positive/phenotype-negative LQTS (i.e. <470/480 ms in men/women). Type and setting of sports (individual vs. team), type of mutation, and extent of precautionary measures should be considered in this context.	<b>IIa</b>	<b>C</b>
Participation in high-intensity recreational and competitive sports, even when on beta-blockers, is not recommended in individuals with a QTc>500 ms or a genetically confirmed LQTS with a QTc≥470 ms in men or ≥480 ms in women.	<b>III</b>	<b>B</b>
Participation in competitive sports (with or without ICD) is not recommended in individuals with LQTS and prior cardiac arrest or arrhythmic syncope.	<b>III</b>	<b>C</b>