

## COVID19 Return to Play Form

If an athlete had tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/ARNP)

Athletes Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of positive test: \_\_\_\_\_

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### THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

#### CRITERIA TO RETURN (PLEASE CHECK BELOW AS APPLIES)

- 10 days or more have passed since first symptoms appeared or positive test
- Symptoms have resolved (no fever [less than 100.4F] for 7 days without the aid of fever reducing medication, improvement of other symptoms).
- Athlete was not hospitalized due to COVID-19 infection.
- Athlete had mild infection (viral URI symptoms)
- No cardiopulmonary symptoms are present with activities of daily living
- Cardiac screen negative for myocarditis/myocardial ischemia (all answers below must be no).

Chest pain/tightness with exercise	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Unexplained syncope/near syncope	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Unexplained/excessive dyspnea/fatigue with exertion	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
New palpitations	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Heart murmur on exam	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>

Note: IF any cardiac screening question is positive, or the athlete had moderate illness (defined by persistent fever (>100.4F), persistent fatigue (>7 days), pneumonia or shortness of breath, or clinical concern warrants, then further workup may be indicated. May include EKG, troponin, echo, CXR, PFT's, spirometry, CT chest, cardiac MRI or cardiology consult.

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- Athlete HAS satisfied the above criteria and IS cleared to start the return to activity progression.
- Athlete HAS NOT satisfied the above criteria and IS NOT cleared to start the return to activity.

Medical Office Information (please print/stamp):

Evaluator's Name: \_\_\_\_\_ Office phone: \_\_\_\_\_

Evaluator's Address: \_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_

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\*\*\*\* SEE BACK SIDE FOR RETURN TO PLAY PROTOCOL if applicable\*\*\*\*

Updated 1/20/2022

- This student DOES NOT need to complete a gradual return to play
- This student DOES need to complete a gradual return to play

### **RETURN TO PLAY (RTP) PROCEDURES AFTER COVID-19 INFECTION**

Athletes must complete the progression below without development of dizziness, difficulty breathing, chest pain/pressure, decreased exercise tolerance, and fainting. If these symptoms develop patient should be referred back to the evaluating provider who signed the form.

**Stage 1 (2 days minimum):** Light activity (walking, jogging, stationary bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.

**Stage 2 (1 day minimum):** Add simple movement activities (running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate.

**Stage 3 (1 day minimum):** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.

**Stage 4 (2 days minimum):** Normal training activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.

**Stage 5: (1 day minimum): Return to full activity for at least one practice session.**

Cleared for full participation by school personnel (minimum 7 days spent on RTP) \_\_\_\_\_