If an athlete has 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)

Athlete's Name: _____

DOB: _____/_____/_____ **Date of Positive Test:** _____/_____/_____

This Return to Play is Based on Today's Evaluation_____

Date of Evaluation: ____/____/____

Criteria to return (Please check below as applies to current patient status):

- ❑ 10 days have passed since time of diagnosis
- ❑ Athlete has had no fever (> 100.4°F) off of fever lowering medication for at least 24 hours
- ❑ Patient presents negative cardiac screen for myocarditis/myocardial ischemia (All answers below must be no):
  - ❑ Chest pain or tightness with exercise ☐YES ☐NO
  - ❑ Unexplained syncope/near syncope ☐YES ☐NO
  - ❑ Unexplained/excessive dyspnea/fatigue w/ exertion ☐YES ☐NO
  - ❑ New palpitations ☐YES ☐NO
  - ❑ Heart murmur on exam ☐YES ☐NO

NOTE: If any cardiac screening question is yes, the athlete tested positive or the athlete was hospitalized, a further workup should be considered. This workup may include EKG, High-Sensitivity Troponin, Echocardiogram, or cardiology consultation. If the lung exam is abnormal or the athlete has persistent pulmonary symptoms, a further workup should be done that includes chest X-Ray, Spirometry, Chest CT, or Pulmonary Function Test.

_____

- ❑ Athlete HAS satisfied above criteria and is cleared to start the graduated return to play progression
- ❑ Athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to play

Medical Office Use Only:

Provider's Name: _____ Provider Type: MD / DO / PAC / ARNP Office Address: _____Office Phone Number: _____ Provider's Signature: _____ Date: _____/_____/_____

Graduated Return to Play Protocol

• **Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less** - Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training

• **Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less** - Add simple movement activities (e.g. running drills) - intensity no greater than 80% of maximum heart rate.

• **Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less** - Progress to more complex training - intensity no greater than 80% maximum heart rate. May add light resistance training.

• **Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes** - Normal training activity - intensity no greater than 80% maximum heart rate.

• **Stage 5: Day 7 - Return to full activity/participation (e.g. contests or competitions).**

If the athlete complains of any symptoms during the protocol, the protocol should be stopped, and the athlete should be referred back to their primary care physician.

Date Cleared for Full Return to Play by School Personnel (based on RTP above): _____/_____/_____

School Personnel Name: _____ School Personnel Job Title: _____