

Return to Sports Post COVID-19 Isolation Clearance

1.28.2021

Graduated Return to Play (GRTP) Guide for Coaches

Stage	Day	Amount of allowed practice time	Recommended Activity	% Maximum Heart Rate <small>< 18 years of age - 200 = max HR ≥ 18 years of age - 220-age = max HR</small>
0	COVID-19 <i>isolation clearance</i> from local health department (10 days have passed from date of first symptom, all symptoms improving, 24 hours symptom free off-fever reducing medications) AND return to <i>play clearance</i> from physician (PCP for mild symptoms, cardiologist for moderate to severe symptoms) AND athlete is asymptomatic when performing normal activities of daily living.			
1	Days 1 and 2	≤ 15 min	Light activity (walking, light jogging, stationary bike). NO resistance training.	< 70% (140 bpm)
2	Day 3	≤ 30 min	Add simple movement activities (eg. running drills). No resistance training.	<80% (160 bpm)
3	Day 4	≤ 45 min	Progress to more complex training. May add light resistance training.	<80% (160 bpm)
4	Days 5 and 6	≤ 60 min	Normal training activity.	<80% (160 bpm)
5	Day 7	Entire practice/game	Return to full activity/participation including games/competitions	100% (200 bpm)
<ul style="list-style-type: none"> • Some athletes take over 3 weeks to recover. • If symptoms start or re-occur (including excessive fatigue) while going through GRTP, consider returning to the previous stage and progress again after a minimum of 24 hours rest without symptoms. Re-evaluation may be necessary. • Athletes diagnosed with COVID-19 and who have medical conditions such as diabetes, cardiovascular disease or renal disease may need extended rest or testing prior to commencing GRTP. 				

The following gradation was adapted from American Academy of Pediatrics guidelines and British Journal of Sports Medicine

West Central Athletics

Medical Release for Graduated Return to Play Post-COVID

Patient Name: _____ DOB: _____

Date of Positive Test Results (N/A if no test): _____

Date of COVID Clearance from Isolation by local health department: _____

Date of Evaluation: _____

Criteria to return (please check below as applies)

- Patient has been cleared from the local health department.
- Patient did NOT have ≥ 4 days temperature (100.4)
- Patient did NOT have ≥ 4 days of lethargy, myalgia or chills.
- Patient is asymptomatic when performing activities of daily living.
- Patient was not hospitalized due to COVID-19 infection.
- Patient did not have symptoms of Multisystem inflammatory syndrome in children (MIS-C)
- Cardiac screen negative for concerning signs/symptoms (all answers below must be no)

Chest pain/tightness with exercise YES NO

Unexplained syncope/near syncope YES NO

Unexplained/excessive dyspnea/fatigue with exertion YES NO

New palpitations YES NO

Heart murmur on exam YES NO

Elevated Systolic Blood Pressure (≥ 160) YES NO

NOTE: If any cardiac screening question is positive or if athlete was hospitalized, had prolonged temperature, myalgia, lethargy or chills (greater than 3 days) or was diagnosed with multisystem inflammatory syndrome in children (MIS-C), consultation with cardiology is recommended by the AAP.

- I have reviewed the athlete's past medical, social, cardiac, and family history.
- Athlete HAS satisfied the above criteria and IS cleared to start the return to play progression.

- Athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity due to: _____

Medical Office Information (please print/stamp):

Provider's Name: _____ Office Phone: _____

Provider Address: _____

Provider's Signature: _____