



# CIF COVID Graduated Return to Play (GRTP) Protocol



## Instructions:

- This recommended CIF GRTP Protocol should be completed before returning to FULL COMPETITION no earlier than day 8.
  - An adult (e.g. parent) or school personnel (e.g., certified athletic trainer, AD, coach) should monitor you during this protocol.
  - This protocol can take longer than 7 days if instructed by your physician/healthcare provider.
  - The symptom-free period (part of the Rest Period) can also take longer than 7 days depending on the severity of your illness.
- If symptoms return at any time in this progression, IMMEDIATELY STOP any physical activity and follow up with your physician/healthcare provider. You will need to be cleared by your healthcare provider to return to the GRTP Protocol.
  - Symptoms can include chest pain, chest tightness, palpitations, lightheadedness, feeling faint or fainting, shortness of breath, fatigue
- Seek medical attention if you feel uncomfortable at any time during the progression.

Days	Activity Description	Exercise Allowed	Objective of the Stage
Minimum 10 days	<b>Rest Period:</b> Limited physical activity for: -10 days from asymptomatic (+) test OR -10 days from onset of symptoms <i>with at least 7 days with no symptoms (exception is loss of taste and smell)</i>	<ul style="list-style-type: none"> <li>Activities of daily living (ADLs), walking okay</li> <li>No activities requiring any exertion (weightlifting, jogging, P.E. classes)</li> </ul>	<ul style="list-style-type: none"> <li>Recovery and/or reduction/elimination of symptoms to protect the cardiorespiratory system</li> </ul>
	<b>Before starting, must be able to complete ADLs and walk ~1/4<sup>th</sup> mile without fatigue or breathlessness</b>		
1	Light aerobic activity	<ul style="list-style-type: none"> <li>10-15 minutes (<i>min</i>) of brisk walking or light stationary biking, light elliptical</li> <li>No resistance training</li> </ul>	<ul style="list-style-type: none"> <li>Increase heart rate to ≤ 50% of perceived maximum (<i>max</i>) exertion (e.g., &lt; 100 beats per min)</li> <li>Monitor for symptom return</li> </ul>
2	Light aerobic activity	<ul style="list-style-type: none"> <li>15-20 min of brisk walking or light stationary biking, light elliptical</li> <li>No resistance training</li> </ul>	<ul style="list-style-type: none"> <li>Increase load gradually</li> <li>Increase heart rate to 50% max exertion (e.g., 100 bpm)</li> <li>Monitor for symptom return</li> </ul>
<b>You should have medical clearance from your healthcare provider before continuing to day 3 below</b>			
3	Moderate aerobic activity Light resistance training	<ul style="list-style-type: none"> <li>20-30 min jogging, light biking, swimming</li> <li>Body weight exercises (squats, planks, push-ups), max 1 set of 10, ≤ 10 min total</li> </ul>	<ul style="list-style-type: none"> <li>Increase load gradually</li> <li>Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm)</li> <li>Monitor for symptom return</li> </ul>
4	Strenuous aerobic activity Moderate resistance training	<ul style="list-style-type: none"> <li>30-45 min running, biking, swimming</li> <li>Weightlifting ≤ 50% of max weight</li> </ul>	<ul style="list-style-type: none"> <li>Increase load gradually</li> <li>Increase heart rate to &gt; 75% max exertion</li> <li>Monitor for symptom return</li> </ul>
5	Non-contact training with sport-specific drills No restrictions for weightlifting	<ul style="list-style-type: none"> <li>45-60 min of non-contact drills, sport-specific activities (cutting, jumping, sprinting)</li> </ul>	<ul style="list-style-type: none"> <li>Coordination and skills/tactics</li> <li>Acceleration/deceleration with total body movement</li> <li>Monitor for symptom return</li> </ul>
6	Limited practice including limited contact	<ul style="list-style-type: none"> <li>Controlled drills including contact drills (but no scrimmaging)</li> </ul>	<ul style="list-style-type: none"> <li>Restore confidence and assess functional skills</li> <li>Assess readiness for return to play</li> <li>Increase acceleration, deceleration and rotational forces</li> <li>Monitor for symptom return</li> </ul>
7	Full unrestricted practice	<ul style="list-style-type: none"> <li>Return to normal unrestricted training (with contact)</li> </ul>	
8	Return to play (competition)	<ul style="list-style-type: none"> <li>Normal game play (competitive event)</li> </ul>	<ul style="list-style-type: none"> <li>Return to full sports activity without restrictions</li> </ul>

Athlete's Name: \_\_\_\_\_ Date of + COVID Test: \_\_\_\_\_ Symptoms?  No  Yes: Date of Symptom Onset \_\_\_\_\_