



## COVID-19 Return to Participation Guidelines As of November 11, 2020

### 1. Students who are symptomatic and test positive for COVID-19:

- A. Student should follow county health department or KDHE isolation guidelines.  
*KDHE guidelines: Home isolation is required for a minimum of 10 days from onset of symptoms and the individual should be fever free for 72 hours without fever reducing medication and there should be a significant improvement in symptoms (**minimum 10-day isolation period**).*
- B. After the isolation period is complete, obtain written clearance from a healthcare provider (MD, DO, DC, PA-C, APRN) to begin a gradual return to physical activity.  
*Healthcare providers should pay special attention to cardiac screening when evaluating patients recovering from COVID-19. Additional cardiac workup may be considered prior to clearing the student for physical activity.*
- C. Once symptoms improve the student may resume normal activities of daily living while in isolation and walk for light exercise provided symptoms continue to improve.
- D. Once cleared by a healthcare provider, the student-athlete (including Spirit and Marching Band) may begin a gradual return to physical activity using the following graduated progression\*:
  - Stage 1 (2 days minimum): Light activity (walking, jogging, stationary bike) for 15 minutes or less at an intensity no greater than 70% maximum heart rate. No resistance training.
  - Stage 2 (1 day minimum): Add simple movement activities (e.g., running drills) for 30 minutes or less at an 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 an intensity no greater than 80% maximum heart rate.
  - Stage 5: Return to full activity.

\* *If symptoms recur during the graduated return to physical activity protocol, the student should return to the previous stage and progress again after a minimum of 24 hours rest without symptoms.*

### 2. Students who are asymptomatic and test positive for COVID-19:

- A. Student should follow county health department or KDHE isolation guidelines.  
*KDHE guidelines: Home isolation is required for a minimum of 10 days from the date of sample collection. If symptoms appear during these 10 days, the student should follow the guidelines in section 1.*
- B. After the isolation period is complete, obtain written clearance from a healthcare provider (MD, DO, DC, PA-C, APRN) to begin a gradual return to physical activity.  
*Healthcare providers should pay special attention to cardiac screening when evaluating patients recovering from COVID-19. Additional cardiac workup may be considered prior to clearing the student for physical activity.*
- C. While in isolation, the student may continue normal activities of daily living and light exercise such as walking provided the student remains asymptomatic.
- D. Once cleared by a healthcare provider, the student-athlete (including Spirit and Marching Band) may begin a gradual return to physical activity:
  - Stage 1 (2 days minimum): Light activity (walking, jogging, stationary bike) for 15 minutes or less at an intensity no greater than 70% maximum heart rate. No resistance training.
  - Stage 2 (1 day minimum): Add simple movement activities (e.g., running drills) for 30 minutes or less at an intensity no greater than 80% of maximum heart rate.



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- 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 an intensity no greater than 80% maximum heart rate.
  - Stage 5: Return to full activity.
- \* *If symptoms recur during the graduated return to physical activity protocol, the student should return to the previous stage and progress again after a minimum of 24 hours rest without symptoms.*

### **3. Students who are asymptomatic and determined to be a close contact of a positive COVID-19 case:**

- A. Student should follow county health department or KDHE quarantine guidelines.  
*KDHE guidelines: Home quarantine is required for 14 days from the last incident of close contact exposure to the positive case.*
- B. While in home quarantine, students should be aware of any emerging symptoms and contact their healthcare provider.
- C. During the first 2-3 days of home quarantine, students should refrain from intense physical activity. If the student remains symptom free and has no other underlying medical conditions, they may begin to resume physical activity on their own while in home quarantine to maintain a healthy level of physical conditioning.
- D. Due to likely detraining during quarantine and to minimize risk upon return to sport, the student should participate in some full team practices prior to returning to formal competition in order for coaches to assess the student's overall physical conditioning status and the student's readiness for competition. Every situation and every student are unique. Coaches and athletic directors are responsible to ensure every student is both physically and emotionally prepared for a safe return to competition after a quarantine period ends. The following suggested practice guidelines are encouraged once the home quarantine period ends and the student returns to school/activities:
  - Basketball, Wrestling, Swimming/Diving, Football, Cross Country, Soccer: Student should participate in a minimum of 3-4 full practices before resuming competition.
  - Volleyball, Gymnastics, Tennis, Spirit, Marching Band: Student should participate in a minimum of 2-3 full practices before resuming competition.
  - Bowling, Golf: No minimum practice recommendation.

### **4. Asymptomatic students who have been unable to practice or compete with their school team for 7 days or longer due to a school, local health department and/or state of Kansas directive:**

- A. Students who are symptom free, not considered at risk of exposure, do not have underlying medical conditions and are not under the care of a physician, but are unable to participate should continue to condition for their sport on their own, on a regular basis to minimize detraining.
- B. To minimize risk provide for a safe prevent injury upon return to sport, the student should participate in some full team practices prior to returning to formal competition in order for coaches to assess the student's overall physical conditioning status and the student's readiness for competition. Every situation and every student are unique. Coaches and athletic directors are responsible to ensure every student is both physically and emotionally prepared for a safe return to competition after an extended period of inactivity. The following suggested minimum practice guidelines are encouraged once the sport is permitted to resume:



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- Volleyball, Gymnastics, Tennis, Spirit: Students should participate in a minimum of 2-3 full practices before resuming competition.
- Bowling, Golf: No minimum practice recommendation.

### **Additional Information:**

All preseason practice requirements must be fulfilled. If a sport is interrupted prior to the first competition or an athlete is forced to isolate or quarantine, the preseason practice schedule should resume at the point of interruption when the sport or athlete is permitted to return to activity.

Students who are symptom free, not considered at risk of exposure, do not have underlying medical conditions and are not under the care of a physician, but are unable to participate should continue to condition on a regular basis to maintain their fitness level. Significant detraining can occur within a short amount of time of inactivity which leads to a higher risk of injury upon return to sport.

During any time of inactivity, students should maintain healthy nutrition and hydration habits.

### **References**

Elliott, N., Martin, R., Heron, N., Elliott, J., Grimstead, D., & Biswas, A. (2020). Infographic. Graduated return to play guidance following COVID-19 infection. *British journal of sports medicine*, bjsports-2020-102637. Advance online publication. <https://doi.org/10.1136/bjsports-2020-102637>