

COVID-19 Evaluation and Return to Play Progression

Indiana University Health Arnett Orthopedics & Sports Medicine

Any athlete that has tested positive for COVID-19 must be evaluated and cleared prior to beginning the Return-to-Play (RTP) protocol. The functional RTP progression cannot begin until:

- 1) Clearance is provided by a licensed health care provider
- 2) Ten days have passed since symptom onset, and athlete has NO symptoms for seven days.

Section One: To be completed by patient, school personnel and/or parent/guardian.

Student Name: _____ Current Date: _____

School and Sports Team: _____ Age: _____ Grade: _____

Date of Exposure: _____ Date(s) of Positive Test(s): _____ Test Type _____

Date Symptoms Began: _____ Date Symptoms Resolved: _____

List of symptoms experienced since contracting COVID-19 and any treatments given:

Section Two: To be completed by healthcare provider

This athlete has had the following severity type of COVID-19 infection: (check one)

Asymptomatic Mild Moderate Severe (requiring hospitalization)

Did this athlete have cardiovascular symptoms related to COVID-19 infection?

Yes or No

Did this athlete have respiratory symptoms related to COVID-19 infection?

Yes or No

If athlete was symptomatic, what date did symptoms resolve? _____

Healthcare Provider Name and Credentials: _____

*Athletes that had a severe case of COVID-19 that required hospitalization are recommended to have consult with Cardiologist and complete Respiratory work-up before clearance



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COVID-19 Return to Play Protocol - Provider Release & Documentation

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To be completed by healthcare provider:

The athlete must complete the RTP (Return to Play) progression without development of any chest pain, tightness, respiratory symptoms, syncope, near syncope or palpitations. If cardiovascular or respiratory symptoms present during the RTP progression, the RTP will be stopped and patient will need to be re-evaluated by a healthcare provider for diagnostic workup.

As the healthcare provider, I, _____, have evaluated the stated athlete, _____, and this athlete is:

- Directed to remain under isolation, rest, activities of daily living
- NOT cleared for sports related aerobic activities including RTP progression
- Allowed to progress through graduated return to play protocol below

*Athletes are NOT allowed to participate in any competitions until RTP is completed

Document the date each activity was completed below, as monitored by ATC, School Personnel, Team.

Ideally, max heart rate should be calculated and tracked. If not possible, can use percentage of perceived exertion (70% of athlete's exertional effort and 80% on days 3-6)

- _____ Day 1: Light activity (walking, light jogging, stationary cycle, no resistance training, <70% heart rate max, less than 15 minutes)
- _____ Day 2: Light activity (walking, light jogging, stationary cycle, no resistance training, <70% heart rate max, less than 15 minutes)
- _____ Day 3: Frequency of Training Increases (simple movement activities e.g. running drills, <80% heart rate max, less than 30 minutes)
- _____ Day 4: Duration of Training Increases (progression to more complex training/drills, light resistance training, <80% heart rate max, less than 45 minutes)
- _____ Day 5: Intensity of Training increases (normal training activities, restore confidence/skills, moderate strength training, <80% heart rate max, less than 60 minutes)
- _____ Day 6: Intensity of Training increases (normal training activities, restore confidence/skills, strength training, <80% heart rate max, less than 60 minutes)
- _____ Day 7: Full release to activity with no restrictions. (Can occur no earlier than 17 days from beginning of athlete's infection)



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