

COVID-19 Return To Play Form

If an athlete has tested positive for COVID-19, either with or without symptoms, they must be cleared for progression back to activity by an approved healthcare provider (MD/DO/PA/NP).

Athlete Name: _____ DOB: _____ Date of Positive Test: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____

Criteria to return for COVID-19+ Patients ASYMPTOMATIC or with MILD SYMPTOMS (No fever, <3 days of symptoms)

(All listed criteria must be met in order to start Gradual Return To Play - GRTP):

Asymptomatic for > 14 days

Cardiac screen negative for myocarditis/myocardial ischemia (all answers below must be no):

Chest pain/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 positive, perform further cardiac testing or refer to cardiologist

Criteria to return for COVID-19+ Patients with MODERATE SYMPTOMS (Prolonged fevers and bedrest)

(All listed criteria must be met in order to start GRTP):

Asymptomatic for > 14 days

Athlete was not hospitalized due to COVID-19 infection

Cardiac evaluation has been performed by cardiologist **OR** has undergone appropriate cardiac testing (ECG testing is normal)

Criteria to return for COVID-19+ Patients with SEVERE SYMPTOMS (Hospitalized and abnormal cardiac testing)

MUST be cleared by a cardiologist

Athlete **HAS** satisfied the above criteria and **IS** cleared to start the return to activity progression.

Athlete **HAS NOT** satisfied the above criteria and **IS NOT** cleared to return to activity.



Recommendation(s): _____

Provider's Name: _____ Office Phone: _____

Provider's Address: _____

Provider's Signature: _____

Gradual Return To Play (G RTP) Procedures After COVID-19 Infection

Athletes must complete the progression without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, patient should be referred back to the evaluating provider who signed the form above. Max HR Rate is defined as 220-age.

- Stage 1: (2 days minimum) Light Activity (walking, jogging, stationary bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
- Stage 2: (1 day minimum) Add simple movement activities (EG. Running drills) for 30 minutes or less at 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 intensity no greater than 80% maximum heart rate.
- Stage 5: Return to Full Activity (1 Day minimum)

Cleared for Full Participation by Athletic Trainer (minimum 7 days spent on G RTP): _____