

## ATHLETIC TRAINING COVID-19 UPDATES & RETURN TO PLAY PROTOCOL

### *Diagnosis, Illness, & Convalescence*

- **Symptoms** -The current diagnostic symptoms of COVID-19 are fever or chills, cough, shortness of breath and/or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. Loss of sense of taste and smell is much more characteristic of COVID-19 than the common cold. Symptoms can develop 2 to 14 days after exposure to the virus, and symptom presentation can vary greatly, with some people exhibiting no symptoms at all.
- **Testing** - The gold standard test at this time is a polymerase chain reaction (PCR) test.
- **Date of Illness** - The date a student-athlete is diagnosed with COVID-19 is either the first day of symptoms or, in the case of asymptomatic student-athletes, the date a positive test was taken.
- **Isolation & Quarantine** - The isolation period is when a sick student-athlete stays away from others as they are contagious during this period. If the athlete is asymptomatic, their isolation period is 10 days from a positive test. If they present symptoms, the isolation period is 14 days from a positive test. Quarantine is when someone who may have been exposed to the virus is kept home in case they become sick. This quarantine period is 10 days from exposure. The timing and protocol for contact tracing and quarantining are determined by the school in accordance with the recommendations by the Ohio Department of Health and other state and federal guidance.

Student-athletes should not exercise or engage in any type of training during the isolation period even if they are asymptomatic. The return to play must be completed under the direction and supervision of the athletic trainer and will commence upon the athlete's return to Magnificat.

### *Clearance for Athletic Participation after COVID-19*

According to the Ohio High School Athletic Association, all student-athletes that test positive for COVID-19 (symptomatic or asymptomatic), must be evaluated by a physician or licensed medical provider (M.D. or D.O.) prior to returning to practice and competition. This requires an examination, which though not explicitly stated on the form, would have to be in-person in order to obtain a cardiac examination. The medical provider will determine if the student-athlete is cleared to start a return to play progression or if there is further evaluation and additional testing needed. The athlete must return the OHSAA Medical Authorization to Return to Play prior to participating in any practices or games. This form must be turned into the Athletic Trainer.

### *Medical Clearance Guidelines*

The following are the most updated recommendations for medical clearance and evaluation after being diagnosed with COVID-19. These recommendations are in line with the rules set forth by Magnificat High School. (This includes all in-season and out-of-season athletes)

<b>Severity of COVID-19</b>	<b>Mandatory Rest Period (No Exercise)</b>	<b>Cardiac Testing Recommendations per Cleveland Clinic (i.e EKG, echo, lab work)</b>
<b>Asymptomatic</b>	10 days from positive test.	None
<b>Mild</b>	14 days from first day of symptoms.	None
<b>Moderate*</b>	14 days of convalescence (recovery without exercise) after symptom resolution.	Likely
<b>Severe (hospitalization)</b>		Likely

\*Moderate disease is characterized by having a clinical or radiographic evidence of lower respiratory tract disease with oxygen saturation remaining about 94%.

#### **PHASE 1: Diagnosis, Illness & Convalescence**

Must be cleared out of this stage by a physician or licensed medical provider as noted above.

#### **PHASE 2: Light/Moderate Exercise (2 Day minimum)**

Duration of cardiovascular exercise increases with a progression under the supervision of the athletic trainer.

#### **PHASE 3: Moderate-Intense Exercise (2 Day minimum)**

Increase intensity of exercise using normal training activities along with sport specific activities

#### **PHASE 4: Return to full practice (1 Day minimum)**

#### **PHASE 5: Resume Normal Training/ Return to Competition**

A COVID-19 positive athlete must complete the return to play progression to some degree prior to participating in a competition. The return to play progression listed above does not directly follow the recommended guidelines of Cleveland Clinic.

Return to play progression will vary based on the following criteria:

- a) Severity of Covid-19 illness for the individual
- b) Individual sport in which athlete is returning to

### *Monitoring for Return to Play Progression*

The Athletic Trainer should monitor for the following signs and symptoms during and after exercise. It is recommended that the heart rate is measured prior to exercise and again after exercise and during recovery. If there are any symptoms, the student-athlete should rest for 24 hours and then go back to the previous stage.

- Chest pain/discomfort
- Palpitations
- Unexpected or excessive tachycardia (increased heart rate) out of proportion to perceived level of exertion
- Prolonged heart rate recovery after exertion
- Dizziness
- Shortness of breath out of proportion to exertion
- Difficulty catching breath
- Tachypnea (increased breathing rate)
- Excessive fatigue
- Swelling in the extremities
- Syncope or near-syncope (signs include acute lightheadedness, dizziness, nausea, tunnel vision or loss of vision, pallor, headaches)

It is often difficult to distinguish normal deconditioning from new onset of shortness of breath or exercise intolerance, so it is important to monitor these athletes closely and repeat any steps of the progression at the discretion of the Athletic Trainer if there are any concerns.

If symptoms persist beyond the 24-48 hour period, prevent exercise initiation, lead to early termination, or are associated with abnormal objective factors (see above), the Athletic Trainer should stop the student-athlete from activity and the RTP progression and refer the student athlete back to their physician for further evaluation and management.

Recommendations and information above are provided by Cleveland Clinic Sports Medicine Physicians alongside of the rules and protocols set forth by Magnificat High School Administration.

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