

# Assessment/Release for Return to Play

Patient:

School:

DOB:

Sport:

PCP:

Date of onset of COVID symptoms:

Date of COVID positive test:

Date of resolution of COVID symptoms:

- |  |    |     |
|--|----|-----|
| 1. Systemic symptoms for 4 days or more (fever, myalgia, chills, profound lethargy)? | No | Yes |
| 2. Hospitalization due to COVID symptoms?  | No | Yes |
| 3. H/o cardiac abnormalities followed by cardiology?                                 | No | Yes |

## Recent symptoms:

- |  |    |     |
|--|----|-----|
| 4. Chest pain at rest or with exertion? (not musculoskeletal or costochondritis):  | No | Yes |
| 5. Shortness of breath with minimal activity? (unrelated to respiratory symptoms): | No | Yes |
| 6. Excessive fatigue with exertion?  | No | Yes |
| 7. Abnormal heartbeat or palpitations?   | No | Yes |
| 8. Syncope or near-syncope?  | No | Yes |

Normal cardiovascular exam?	Yes	No
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Cardiology referral indicated?	No	Yes
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Cleared for return to sport, required to follow Graduated Return to Play Protocol. If not today, then effective date: _____	Yes	No
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Cleared for return to sports. Not required to follow Graduated Return to Play Protocol.	Yes	No
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Physician Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

A graduated return-to-play protocol can begin once an athlete has been cleared by a physician (cardiologist for **moderate** to **severe** symptoms) and is asymptomatic when performing normal activities of daily living. The progression should be performed over the course of at least 7 days. Consideration for extending the progression should be given to athletes who experienced **moderate** COVID-19 symptoms. Gradual return to play can begin  $\geq 10$  days after the positive test or  $\geq 10$  after the end of symptoms (whichever is later).

## Gradual return to play progression<sup>1</sup>

\*\*Patient should be symptom free in the stage they are in before progressing to the next stage.\*\*

Stage 1: 2 days minimum,  $\leq 15$  minutes, light activity(walking, jogging, stationary bike), no resistance training.

Stage 2: 1 day minimum,  $\leq 30$  minutes, add simple movement activities (eg. running drills).

Stage 3: 1 day minimum,  $\leq 45$  minutes, progress to more complex training, may add light resistance training.

Stage 4: 2 days minimum, 60 minutes, normal training activity.

<sup>1</sup> (adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020.)