

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:

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| 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:

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| 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 gradual return to sports? If not today, then effective date: _____	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 ≥ 10 days after the positive test or ≥ 10 after the end of symptoms (whichever is later).

Gradual return to play progression¹

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

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

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

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

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

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