

UPDATED RETURN TO PLAY PROTOCOL COVID-19

ASYMPTOMATIC or MILD CASES:

- Symptoms:
 - <4 days of fever
 - >100.4°F
 - <1 week of myalgia, chills, and lethargy
- Perform 7- Days Graduated Return to Play in 5 Stages

MODERATE CASES:

- Symptoms:
 - ≥4 days of fever
 - >100.4°F
 - ≥1 week of myalgia, chills, or lethargy
 - Non-ICU hospital stay and no evidence of multisystem inflammatory syndrome in children [MIS-C]
- Athletes with High-Risk Conditions (Cardiac, Asthma, Obesity, etc.)
- Evaluation by their primary care physician (PCP) is recommended and MD note to return to activities.
- Gradual return to physical activity may be initiated after 10 days have passed from the date of the positive test result, and a minimum of 10 days of symptom resolution has occurred off fever-reducing medicine.

SEVERE CASES:

- For children and adolescents with **severe** COVID-19 symptoms (ICU stay and/or intubation) or **MIS-C**, it is recommended they be restricted from exercise for a minimum of 3 to 6 months and obtain cardiology clearance prior to resuming training or competition. Coordination of follow-up cardiology care should be arranged prior to hospital discharge. Other testing may be ordered based on the child or adolescent's sign and symptoms.

GRADUATED RETURN TO PLAY

Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less: Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training.

Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less: Add simple movement activities (eg. running drills) - intensity no greater than 80% of maximum heart rate.

Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less- Progress to more complex training - intensity no greater than 80% maximum heart rate. May add light resistance training.

Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes - Normal training activity - intensity no greater than 80% maximum heart rate.

Stage 5: Day 7 - Return to full activity/participation (ie, contests/competitions).