



**CLEARANCE TO RETURN TO PHYSICAL ACTIVITIES POST COVID-19 INFECTION**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Date of positive COVID-19 test: \_\_\_\_\_

The child must remain in isolation at home and is not able to go back to school until his/her local health department has released him/her from isolation, which is typically:

- At least 5 days have passed since date of first symptoms;
- AND Child’s symptoms are improving;
- AND Child is fever-free for at least 24 hours without use of fever reducing medicines.

The school district must obtain clearance to return to physical activities. Please have your child’s health care provider complete the form below.

**A. Please indicate if symptoms were (check one):**

Asymptomatic/Mild

or

Moderate/Severe (May require further cardiac work up)

**B. Cleared to Return to Physical Education, Recess and/or Sports without restrictions. Please monitor for symptoms (check one):**

YES or  NO

**C. For Moderate/Severe Symptoms: Required to Complete a Cardiac Return to Play with an athletic trainer/nurse/coach prior to clearance to resume full activity**

YES  NO  Not Applicable

Please monitor for chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, student should be referred back to the evaluating provider who signed the form for cardiovascular risk stratification and testing.

Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Provider Contact Information or Stamp:

Name:  
Address:  
Phone:  
Fax:

## **Return to Play (RTP) After COVID-19 Infection**

Athletes who have had moderate or severe symptoms that must complete the progression should do so without the development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, student should be referred back to the evaluating provider who signed the form for cardiovascular risk stratification and testing.

1. 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.
2. Stage 2: (1 Day Minimum) Add simple movement activities (running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
3. 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 and simple sport specific training.
4. Stage 4: (2 Days Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
5. Stage 5: Return to full activity
6. Cleared for Full Participation by School Personnel (Minimum 7 days spent on RTP)

RTP Procedure adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.