

COVID-19 Return to Play Form

If an athlete has tested positive for COVID-19, either with or without symptoms, they must be cleared for progression back to activity by an approved healthcare provider (MD/DO/PA/NP).

Athlete Name: _____ DOB: _____ Date of Positive Test: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____

Criteria to return (Please check below as applies)

- ☐ 10-14 days have passed since symptoms first appeared
- ☐ Symptoms have resolved (No fever ($\geq 100.4^{\circ}\text{F}$) for 72 hours without fever reducing medication, improvement of symptoms (cough, shortness of breath).
- ☐ Athlete was not hospitalized due to COVID-19 infection
- ☐ Athlete needs follow up for a medical evaluation including but not limited to cardiopulmonary considerations such as an EKG.

☐ **Athlete HAS satisfied the above criteria and IS cleared to start the return to activity progression.**

☐ **Athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity.**

Provider's Name: _____ Office Phone: _____

Provider's Address: _____

Provider's Signature: _____

Return to Play (RTP) Procedures After COVID-19 Infection

Athletes must complete the progression without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, patient should be referred back to the evaluating provider who signed the form above. Max HR Rate is defined as $220 - \text{age}$.

- 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.
- Stage 2: (1 day minimum) Add simple movement activities (EG. Running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate.
- 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 training.
- Stage 4: (2 Days Minimum) Normal training activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.
- Stage 5: Return to Full Activity (1 Day minimum)

Cleared for Full Participation by Athletic Trainer (minimum 7 days spent on RTP): _____