

COVID-19 Return to Play Guidance
AGE 12 AND OVER– update 2/1/22

Patient Name _____ Date of Evaluation _____

Please check only one **after a thorough patient evaluation** - (FOR PATIENTS AGE 12 AND OVER):

CLEARED

☐ **Asymptomatic or Mild COVID-19** (No symptoms or <4 days of fever >100.4°F, <1 week of myalgia, chills, and lethargy): This patient **MAY** begin to return to sports on **the 6th day after** a positive COVID-19 test or start of COVID-19 compatible illness but needs to be universally masked through day 6-10 post COVID-19. Symptoms have resolved and there has been no fever for > 24 hours. There have been no cardiac symptoms or findings of concern. Exercise tolerance should be established by a **gradual return** to full activities/athletics with careful attention to any development of respiratory or cardiac symptoms.

☐ **Moderate COVID-19** (≥4 days of fever >100.4°F, ≥1 week of myalgia, chills, or lethargy, or a non-ICU hospital stay and no evidence MIS-C) OR there are other factors of concern: This patient **MAY** begin to return to sports on **the 6th day after** a positive COVID-19 test or start of COVID-19 compatible illness, but needs to be universally masked through day 6-10 post COVID-19. Symptoms have resolved and there has been no fever for > 24 hours. I have fully evaluated this patient and a further workup (ideally Cardiology evaluation, alternatively EKG) has been completed and is normal. Exercise tolerance should be established by a **gradual return** to full activities/athletics with careful attention to any development of respiratory or cardiac symptoms.

NOT CLEARED

☐ **Moderate COVID-19** (≥4 days of fever >100.4°F, ≥1 week of myalgia, chills, or lethargy, or a non-ICU hospital stay and no evidence of MIS-C) OR there are other factors of concern: This patient **MAY NOT** return to sports at this time and will need further evaluation (ideally Cardiology evaluation, alternatively EKG) before clearance.

☐ **Severe COVID-19** (ICU hospital stay and/or MIS-C): This patient **MAY NOT** return to sports. Further recommendations should be made by Cardiology after evaluation.

Provider Signature

Office stamp

American Academy of Pediatrics / PNP recommended Graduated Return to Play Protocol after COVID-19 2/1/2022

Once Documentation of Medical Clearance has been obtained, GRP may begin and should follow the following protocol:

FOR ASYMPTOMATIC OR MILD COVID-19 INFECTION:

This gradual return should include:

Minimum 1 day symptom free (excluding loss of taste/smell), **2 days** of increase in physical activity (i.e. one light practice, one normal practice), no games before day 3. A face mask should be worn for ALL physical activity, including games or scrimmages, until 10 days from positive test or symptom onset have passed; if this is not feasible return should be delayed until after day 10.

Notes for Princeton Public Schools and Princeton Charter School - for sports that do not allow for universal masking (wrestling, swimming) participation in group activities (training, competitions) will be delayed until after day 10. Athletes in other sports may be restricted from group activities including competitions/games when universal masking through day 10 cannot be ensured.

FOR MODERATE COVID-19 INFECTION:

This gradual return should include:

Minimum 1 day symptom free (excluding loss of taste/smell), and a minimum of **4 days** of gradual increase in physical activity (one light cardio workout on own, two light practices, one full practice), no games before day 5. A face mask should be worn for ALL physical activity, including games or scrimmages, until 10 days from positive test or symptom onset have passed; if this is not feasible return should be delayed until after day 10.

Notes for Princeton Public Schools and Princeton Charter School - for sports that do not allow for universal masking (wrestling, swimming) participation in group activities (training, competitions) will be delayed until after day 10. Athletes in other sports may be restricted from group activities including competitions/games when universal masking through day 10 cannot be ensured.
