

NEWMAN CENTRAL CATHOLIC HIGH SCHOOL

COVID-19 RETURN TO PLAY FORM

If a student-athlete has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/ARNP).

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 days have passed since onset of symptoms OR has been asymptomatic throughout 10 days of quarantine.
- Symptoms have resolved (No fever ($\geq 100.0F$) for 72 hours without fever reducing medication, improvement of symptoms (cough, shortness of breath).
- Student-athlete was not hospitalized due to COVID-19 infection.
- Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no).

Chest pain/tightness with exercise	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Unexplained Syncope/near syncope	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Unexplained/excessive dyspnea/fatigue with exertion	YES <input type="checkbox"/>	NO <input type="checkbox"/>
New palpitations	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Heart murmur on exam	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Other pertinent symptoms	YES <input type="checkbox"/>	NO <input type="checkbox"/>

Note: If any cardiac screening question is positive or if student-athlete was hospitalized, consider further workup as indicated. May include CXR, Spirometry, PFTs, Chest CT, Cardiology Consult

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

Student-Athletes must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, or syncope. If these symptoms develop, patient should be referred to the evaluating provider who signed the form.

- 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% of 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% of maximum heart rate.
- Stage 5: (1 Day Minimum)** Return to full training sessions without restrictions or limitations on intensity of duration.
- Stage 6: Return to full activity (i.e. – contests/competitions).**

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

Cleared for Full Participation by School Certified Athletic Trainer (Minimum 7 days spent on RTP): _____ / _____
initials/date

Release from Doctor

A medical provider can make the RTP longer but cannot shorten the progression.

- Student-athlete **HAS** satisfied the above criteria and **IS** cleared to start the RTP progressions (as listed above).
- Student-athlete **HAS NOT** satisfied the above criteria and **IS NOT** cleared to return to activity.

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____ Office Phone: _____

Evaluator's Address: _____

Evaluator's Signature: _____