

Covid-19 Return to Sport Clearance

The purpose of this clinical tool is to help identify Middle School and High School Athletes who may be at risk for cardiac complications from COVID-19 infection and outline the general return to play protocol after cardiac clearance. We hope to emphasize the importance of the primary care providers evaluating and clearing the individual student athlete.

If there are cardiac clearance concerns, Pediatric Cardiology is available for consultation. Many schools have Athletic Trainers available to assist with return them to sport; Sports Medicine is available for consultation if needed.

Athlete Name: _____ Sport: _____

School: _____

Date of symptom onset (if any): _____ Date of Positive Test: _____

When did you last experience symptoms: _____

What symptoms did you experience while you were ill? (Choose all that apply):

- Fever Cough Shortness of Breath Chest Pain or Tightness
 Fatigue Muscle Aches Headache Runny Nose or Congestion
 Loss of Smell Loss of Taste Nausea/Vomiting Sore Throat Diarrhea

Other (please list): _____

I did not have any symptoms

Were you ever hospitalized for treatment related to Covid-19?: YES NO

*If you answered "YES", did you require oxygen or ICU care? OXYGEN ICU NEITHER

Are you currently experiencing any of the following symptoms?

- Recurrent Fever Shortness of Breath with Activity Shortness of Breath at Rest
 Leg Swelling Chest Pain or Tightness with Activity Chest Pain or Tightness at Rest
 Persistent Fatigue Dizziness or Lightheadedness Palpitations or Abnormal Heart Rhythm
 Rapid Heart Beats Other (please list): _____

I Feel Like my Normal Self

Do you have a history of ANY of the following (Choose all that apply)?:

- High Blood Pressure Diabetes Asthma High Cholesterol
 Sickle Cell Disease Sickle Cell Trait Kidney Disease Lung Disease
 Smoking (cigarettes, marijuana, vaping, etc) Cancer Abnormal Heart Rhythm

Other Heart Problems (**Please describe**): _____

Athlete Signature _____ Parent Signature _____

Covid-19 Return to Sport Clearance

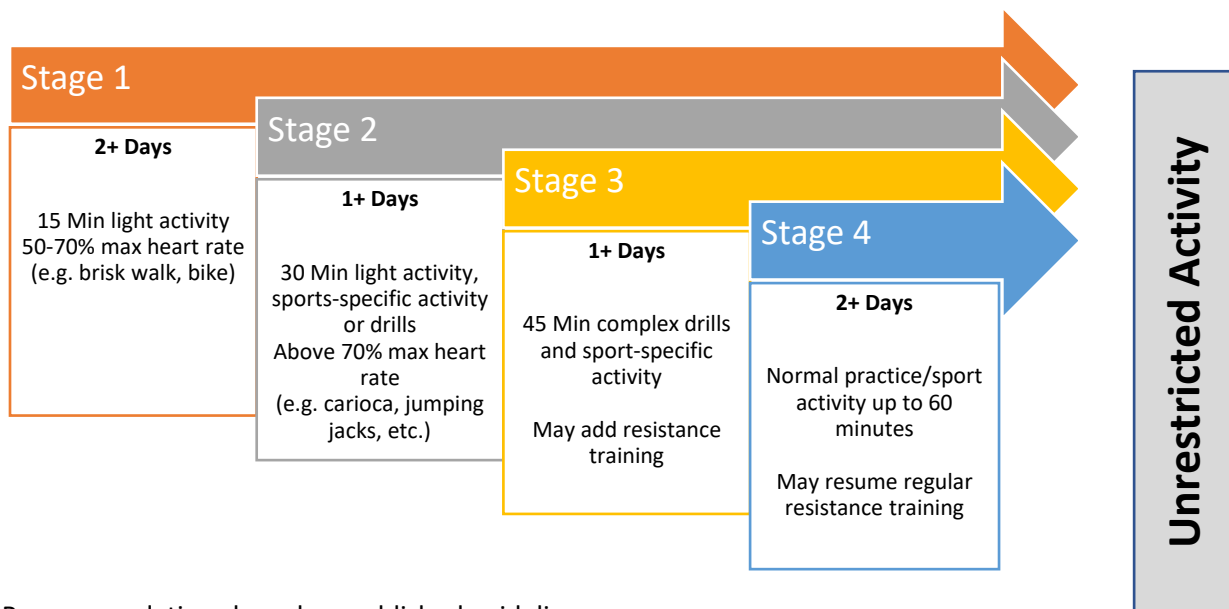
Return to Play (RTP) after Covid-19 Infection / Positive Covid-19 Test

Starting Return to Play

- No physical activity while symptomatic.
- Must be symptom free at least 7 days prior to being considered for initiating return to play activity.
- Athletes who experience no symptoms or only mild symptoms (like a cold lasting 1-2 days) may resume return to play on Stage 2.
- If at ANY point during return to play an athlete experiences cardiac

symptoms, physical activity should be stopped. The athlete should return to the clearing physician for evaluation and referred to/evaluated by cardiology before resuming physical activity.

Return to Play Progression



Recommendations based on published guidelines:

1. Elliott N, et al. Graduated return to play guidance following Covid-19 infection. BJSM (2020).
2. NCAA and AMSSM. Cardiac Considerations for College Student-Athletes during the Covid-19 Pandemic. (2020).