

## **COVID-19 Return To Play For Performance Athletes Protocol**

Coronavirus disease 2019 (COVID-19) is associated with significant mortality and morbidity, including adverse cardiovascular sequelae. The American College of Cardiology's Sports & Exercise Cardiology Council, American Medical Association, and the American Academy of Pediatrics provided a consensus expert clinical framework on return to play in the era of COVID-19. Myocarditis can happen from the virus which could result in cardiac dysfunction, arrhythmias, and death.

This protocol is for all performance athletes who have tested negative or positive for COVID-19 and are asymptomatic or have symptoms themselves. All performance athletes will go through this protocol to return to play for their designated sport(s). The progression of the protocol is described below:

### **COVID-19 Negative and Asymptomatic**

- No limitations to exercise
- Close monitoring for development of symptoms

### **COVID-19 Positive and Asymptomatic**

- See Physician to be cleared to start graduated return to play protocol
- Return the Positive COVID Clearance/Physician Referral Form to school athletic trainer
- Close monitoring of symptom onset or late deterioration
- Slow resumption of activity following the graduated return to play protocol under the guidance of health care team

### **COVID-19 Positive and Mild Symptoms**

- During symptomatic period: rest and no exercise.
- Close monitoring of symptoms
- Evaluation by a physician (MD/DO) to consider further cardiac screening (hsTn, ECG, echocardiogram) and to get clearance to begin graduate return to play protocol.
- Return the Positive COVID Clearance/Physician Referral Form to school athletic trainer
- Slow resumption of activity following the graduated return to play protocol under the guidance of health care team

### **COVID-19 Positive and Significant Symptoms/hospitalization**

- Evaluation by a physician and further cardiac testing/imaging if not done while hospitalized. Physician clearance to begin graduate return to play protocol.
- During symptomatic period: rest and no exercise.
- Close monitoring of symptoms
- Return the Positive COVID Clearance/Physician Referral Form to school athletic trainer
- Slow resumption of activity following the graduated return to play protocol under the guidance of health care team

After the athlete has been cleared by their physician (MD/DO) to start the graduated return to play stages, they will follow the below Graduated Return to Play Stages under the supervision of their school's athletic trainer:

## COVID-19 Graduated Return to Play Stages

	<b>Stage 1</b> 10 Days Minimum	<b>Stage 2</b> 2 Days Minimum	<b>Stage 3A</b> 1 Day Minimum	<b>Stage 3B</b> 1 Day Minimum	<b>Stage 4</b> 2 Days Minimum	<b>Stage 5</b> Earliest Day 17	<b>Stage 6</b>
<b>Activity Description</b>	Minimum Rest Period	Light Activity	Frequency of Training Increases	Duration of Training Increases	Intensity of Training Increases	Resume Normal Training	<b>RET URN TO CO MPE TITI ON</b>
<b>Exercise Allowed</b>	Walking, Daily Living Activities	Walking, light jogging, stationary biking	Simple Movement Activities (Running Drills)	Progression to more complex Training Activities	Normal Training Activities	Resume Normal Training	
<b>% Heart Rate Max</b>		< 70%	< 80%	< 80%	< 80%	Resume Normal Training	
<b>Duration</b>	10 Days	< 15 minutes	< 30 minutes	< 45 minutes	< 60 minutes	Resume Normal Training	
<b>Objective</b>	Allow Recovery Time	Increase Heart Rate	Increase load gradually	Exercise, coordination and skills/tactics	Restore confidence and assess functional skills	Resume Normal Training	