

Student-Athlete Medical Eligibility – Post COVID-19 Return to Sport

If an athlete has been diagnosed with or has tested positive for COVID-19, medical evaluation by a qualified medical provider (MD/DO/PAC/CRNP) is required prior to returning to physical activity and team training. From onset of illness or positive test through the return protocol, the recovery and return process requires a minimum of 17-days for a mild COVID-19 infection. Complicated infections may require 6 months or more.

Student Athlete Name: _____ DOB: ____/____/____

Sport: _____

Brief COVID-19 History:

Date of evaluation: ____/____/____

Date of symptom onset, if any: ____/____/____

Date of positive test (if performed): ____/____/____

Positive test with NO symptoms Mild symptoms Moderate symptoms (fever >72 hours, dyspnea, exercise intolerance, chest tightness, dizziness, syncope, palpitations, or total symptom duration >10 days (except loss of taste and smell) Severe symptoms (syncope, need for oxygen, hospitalization)

Treated at home (mild to moderate) hospital (moderate to severe) ICU or intubated (severe)

Criteria to return (Select all that apply. If criteria to return is not met, schedule a follow up evaluation for the athlete.)

At least 10 days since positive test or onset of symptoms (if not tested), with no symptoms or fever (without fever reducing medications) for at least 24 hours.

Able to tolerate activities of daily living without cough, shortness of breath, or fatigue

Negative cardiac screen (all answers below must be NO)

- Chest Pain/tightness with activities of daily living? Yes No
- Chest Pain/tightness with exertion? Yes No
- Unexplained syncope or near syncope? Yes No
- Unexplained/excessive dyspnea or fatigue with exertion? Yes No
- Palpitations (skipped heart beats, racing heart) with activity? Yes No
- New heart murmur on exam? Yes No

NOTE: If a student athlete had moderate to severe symptoms, was hospitalized, or has positive responses to any cardiac screening question or a new heart murmur, cardiac evaluation is recommended before returning to physical activity.

See return algorithms below from Kim et al; JAMA Cardiology for cardiac evaluation that may include ECG, cardiac enzymes, CXR, spirometry, PFTs, echocardiogram, chest CT, Cardiac MR, and/or cardiology consult. The primary concern is CV19-induced myocarditis with scarring that may predispose to arrhythmia and sudden cardiac arrest.

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Following, is an anticipatory guidance for gradual return to sports after COVID-19 infection. The scientific evidence in this regard continues to evolve and this guidance is based on prevailing guidelines at the time of exam. The eligibility for return to sports may be rescinded at any given time, either temporarily or permanently when medical conditions are discovered after eligibility has been established. The athletes are responsible for prompt reporting of any new symptoms that develop either during gradual return to sports or anytime thereafter.

Student Athlete Name: _____ **DOB:** ____/____/____

- Athlete is Medically Eligible to begin the return to activity progression without limitation on: ____/____/____
- Medically eligible for sports without restriction, but further evaluation needed.
- Medically eligible for certain sports listed on the form. _____
- Not medically eligible for any sports, pending further evaluation.
- Not medically eligible for any sports.

Medical Office Information (Please print/stamp):

Physician's Name: _____ Office Phone #: _____

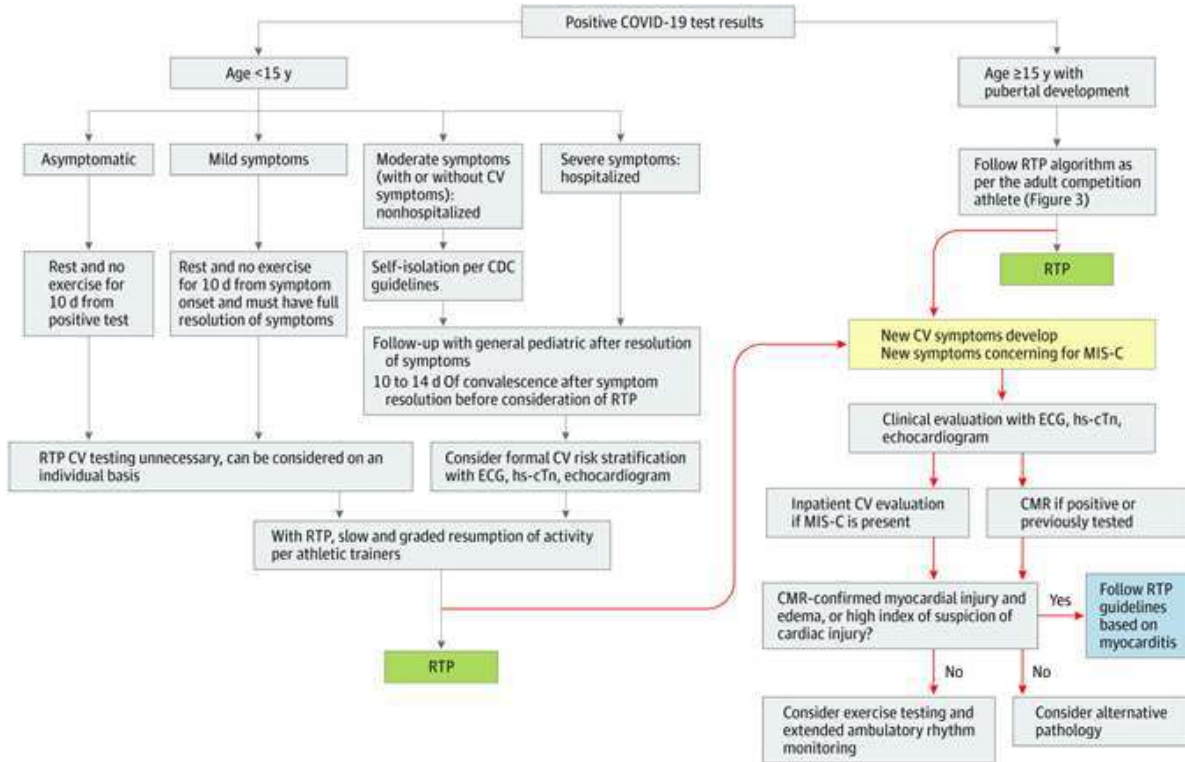
Physician's Address: _____

Physician's Signature: _____ License #: _____

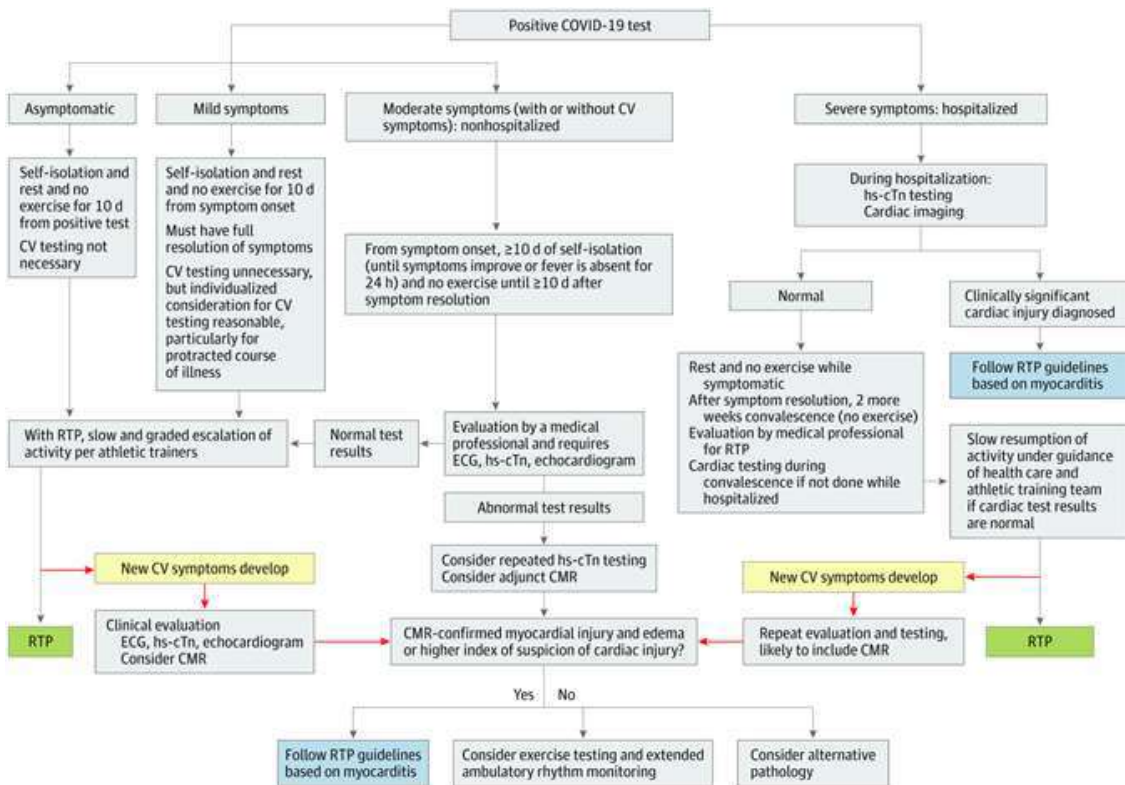
The following 7-Stage Return to Play Protocol is not proven but is based on the best evidence currently available to provide a gradual increase in cardiac load during return to physical activity. Some athletes may require a longer time at each stage and if unable to progress, may require additional medical evaluation.

- Stage 1: (10 days minimum) Rest period
- Stage 2: (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 3A: (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 3B: (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: (1 Day Minimum) Return to Full Training Sessions without restrictions or limitations on intensity or duration.
- Stage 6: Medically ready for Full Participation in ALL Sports Activities (Minimum duration 7-days)

Athlete Under 15 Years of Age



Athlete 15 Years of Age or Older



hs-cTN: Highly sensitive cardiac troponin
 CMR: Cardiac MRI