

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

Student's Name: _____ **DOB:** _____ **Date of Symptom Onset:** _____

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 the onset of symptoms or positive test result if asymptomatic**
Symptoms have resolved (No fever ($\geq 100.0F$) for 24 hours without fever reducing medication, improvement of symptoms (cough, shortness of breath)
- Student 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 w/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"/>

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

- Student HAS satisfied the above criteria and IS cleared to start the return to activity progression.
- Student HAS NOT satisfied the above criteria and IS NOT cleared to return to activity.

Medical Office Information (Please Print/Stamp and Sign):

Evaluator's Name: _____ Office Phone: _____

Evaluator's Address: _____

Evaluator's Signature: _____

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

Student must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, student should be referred back to the evaluating health care provider who signed the form. ATC's will monitor/document the below stages of COVID-19 RTP.

- **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% 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: Return to full activity.**

Cleared for Full Participation (Verified by Certified Athletic Trainer): _____