

Testing Positive for COVID-19 as a Student-Athlete

Following a positive COVID-19 diagnosis, once your child is ready to begin their transition back to athletics they will be taken through a gradual Return-to-Participation Protocol. This protocol is supported by the American Academy of Pediatrics (AAP), and is designed to safely and mindfully reintegrate adolescents into sport. While we are still learning about the long-term effects of COVID-19 in adolescents, some things that we want to be especially cognizant of as we reintegrate students into activity include respiratory and cardiac function. **To begin this protocol, your student-athlete must complete the school's required quarantine period AND be 10 days symptom-free without the use of fever-reducing medication.** Additional documentation will be required and will be emailed directly to you upon your child testing positive. See below for additional details on this protocol:

COVID-19 Return to Participation Protocol:

Stage 1: Minimum 10-day resting period from date of the positive test result and 10 days symptom-free while off fever reducing medication.

Must complete the following stages below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope/syncope. If these symptoms develop, patient should be referred back to the evaluating provider.

Stage 2: (2 Days Min.): Light activity (walking, jogging, stationary bike) for 15 minutes at intensity < 70% of max. heart rate. NO resistance training.

Stage 3A: (1 Day Min.): Add simple movement activities (running drills) for 30 minutes at intensity < 80% of max. heart rate.

Stage 3B: (1 Day Min.): Progress to more complex training for 45 minutes at intensity < 80% max. heart rate. May add light resistance training.

Stage 4: (2 Day Min.): May resume normal training activities for 60 minutes at intensity < 80% max. heart rate.

Stage 5: (1 Day Min.): Resume normal training progressions and activities with no intensity or duration limitation.

Stage 6: Return to Competition

If you have any questions regarding a positive COVID-19 case in your student-athlete, please reach out to Kate Madison.