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COVID-19 RETURN-TO-PLAY FORM

If an athlete has tested positive for COVID-19, either with or without symptoms, they must be cleared for progression back to activity by an approved healthcare provider (MD/DO/PA/NP).

Athlete's Name: _____ DOB: _____ Date of positive test: _____

THIS RETURN TO PLAY IS BASED UPON TODAY'S EVALUATION

Criteria to return for COVID-19+ PATIENTS ASYMPTOMATIC OR WITH MILD SYMPTOMS (No fever, <3 days of symptoms)
 (All listed criteria must be met in order to start Gradual Return To Play - GRTP):

- Asymptomatic for >14 days
- Cardiac screen negative for myocarditis/myocardial ischemia (all answers below must be no):

Chest pain/tightness with exercise	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Unexplained Syncope/near syncope	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Unexplained/excessive dyspnea/fatigue w/exertion	<input type="checkbox"/> YES	<input type="checkbox"/> NO
New palpitations	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Heart murmur on exam	<input type="checkbox"/> YES	<input type="checkbox"/> NO

NOTE: If any cardiac screening question is positive, perform further cardiac testing or refer to cardiologist.

Criteria to return for COVID-19+ PATIENTS WITH MODERATE SYMPTOMS (Prolonged fevers and bedrest)
 (All listed criteria must be met in order to start GRTP):

- Asymptomatic for >14 days
- Athlete was not hospitalized due to COVID-19 infection
- Cardiac evaluation has been performed by cardiologist **OR** has undergone appropriate cardiac testing (ECG testing is normal)

Criteria to return for COVID-19+ PATIENTS WITH SEVERE SYMPTOMS (Hospitalized and abnormal cardiac testing)
MUST be cleared by a cardiologist

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

Recommendation(s): _____

Provider's Name: _____ Office Phone: _____

Provider's Address: _____

Provider's Signature: _____ Date of Evaluation: _____

GRADUAL RETURN TO PLAY (GRTP) PROCEDURES AFTER COVID-19 INFECTION

Athletes must complete the progression without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, patient should be referred back to the evaluating provider who signed the form above. Max HR Rate is defined as 220-age.

- 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. Dates: _____ & _____
- 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. Date: _____
- 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. Date: _____
- 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 (1 Day minimum) Dates: _____ & _____
Date: _____
- **Cleared for Full Participation by Athletic Trainer (minimum 7 days spent on GRTP):** _____