

# KENNEDY CATHOLIC COVID-19 RETURN-TO-PARTICIPATION MEDICAL RELEASE

**Take this form to your Licensed Health Care Provider.** Kennedy Catholic **student-athletes** who have COVID-19 like symptoms, and/or have come into close contact with someone who tested positive, **must be seen by a medical authority** licensed to perform a physical examination. Before resuming full participation, student-athletes must submit a medical release and if the athlete has tested positive must complete a return-to-participation progression.

## ILLNESS DETAILS – TO BE COMPLETED BY FAMILY OR HEALTH CARE PROFESSIONAL

Student-Athlete Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Sport: \_\_\_\_\_ Onset of Symptoms: \_\_\_\_/\_\_\_\_/\_\_\_\_

History of Symptoms: (includes symptoms that may warrant further cardiac exam)

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Fever – highest temp: _____                 | <input type="checkbox"/> Persistent muscle aches/pains         | <input type="checkbox"/> Painful discoloration of the fingertips/toes |
| <input type="checkbox"/> Cough                                       | <input type="checkbox"/> Loss of taste or smell                | <input type="checkbox"/> Headache                                     |
| <input type="checkbox"/> Sore throat                                 | <input type="checkbox"/> Nausea, vomiting, or diarrhea         |   |
| <input type="checkbox"/> Shortness of breath or difficulty breathing | <input type="checkbox"/> Shaking/chills                        |   |
|  | <input type="checkbox"/> Persistent pain/pressure in the chest |   |

First Date of Being Symptom-Free/Return to Baseline: \_\_\_\_/\_\_\_\_/\_\_\_\_ Close Contact with someone with COVID-19? YES  NO

Completed by (Printed name): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## HEALTH CARE PROVIDER RECOMMENDATIONS (MD/DO/PAC/ARNP) – VALID FORM MUST BE COMPLETED AND SIGNED

Date of Health Care Provider Appointment: \_\_\_\_/\_\_\_\_/\_\_\_\_

### CLINIC TESTING:

- COVID-19 Test:  Positive  Negative Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  Test not administered
- ECG Completed:  YES  NO Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### PHYSICAL ACTIVITY:

- Student-athlete is not cleared to participate in any physical activity and will follow-up with their medical provider again before being cleared.
- Student-athlete tested Negative for COVID-19 and is:
- Cleared for full participation.
  - Currently experiencing symptoms including: \_\_\_\_\_ and can be cleared for full participation 24 hours after fever resolves and symptoms improve.
- Student-athlete tested Positive for COVID-19, has undergone all necessary precautions, is asymptomatic and is now cleared to begin a return-to-participation progression and:
- May resume full participation once progression is completed.
  - Needs to return to Health Care Provider for final clearance.
- Student-athlete has completed a return-to-participation progression and is cleared for full participation.
- Other: \_\_\_\_\_

Health Care Provider Signature: \_\_\_\_\_ Name (please print): \_\_\_\_\_

### Graduated, Step-wise Return-to-Participation Progression after COVID-19 Infection:

- Stage 1: Minimum 14-day resting period and must be asymptomatic for > 14 days while off anti-pyretic medication before starting progression. 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

