

**GRADUATED RETURN-TO-PLAY AFTER COVID19 INFECTION
(MINIMUM 7 DAYS)***

Name: _____ DOB: _____

Date of Medical Clearance to begin post-COVID19 Return-To-Play: _____

Once medically cleared to begin return-to-play, students/athletes must complete the return-to-play progression below without the development of chest pain/tightness, palpitations, lightheadedness, significant exertional dyspnea, pre-syncope, or syncope. If any of these symptoms develop, the patient should be referred back to the evaluating provider who signed the medical form.

Calculating Max Heart Rate: $220 - \text{Your Age} = \text{Predicted Max Heart Rate (beats/min)}$

STAGE 1 : Day 1 and Day 2 (2 Days Minimum) - 15min/day or less
Light activity (walking, jogging, stationary bike). NO resistance training.
Intensity no greater than 70% maximum heart rate.

DATE	ACTIVITY	SYMPTOMS

STAGE 2 : Day 3 (1 Day Minimum) – 30min/day or less
Add simple movements activities (running drills) at intensity no greater than 80% maximum heart rate.

DATE	ACTIVITY	SYMPTOMS

STAGE 3 : Day 4 (1 Day Minimum) – 45min/day or less
More complex training at intensity no greater than 80% maximum heart rate. May add light resistance training.

DATE	ACTIVITY	SYMPTOMS

STAGE 4 : Days 5 and Day 6 (2 Days Minimum) – 60min/day or less
Normal training activity at intensity no greater than 80% maximum heart rate.

DATE	ACTIVITY	SYMPTOMS

STAGE 5 : Return to full activity/participation.

DATE	ACTIVITY	SYMPTOMS

*Return-To-Play protocol adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.

Reviewed by UVMHC Pediatric Cardiology February 2021.

Cleared for Full Participation by School/Sports Personnel: _____
Printed name: _____ Signature: _____

**MEDICAL CLEARANCE FOR GRADUATED RETURN-TO-PLAY
AFTER COVID-19 INFECTION**

Name: _____ DOB: _____

Date of Positive COVID Test: _____

Date of Symptom Onset: _____ N/A if asymptomatic:

Date of Last Symptoms: _____ N/A if asymptomatic:

Date of Medical Evaluation: _____

Criteria for Return:

- 14 days have passed since resolution of symptoms (excluding loss of taste/smell) without use of medication used to treat symptoms of illness OR 14 days have passed since COVID19 test positive if asymptomatic
- Has had a normal ECG (required if ≥ 12 years of age and history of moderate symptoms with COVID19 illness)
- No history of hospitalization for COVID19 infection
- 14-element AHA cardiac screening reviewed (further cardiac work up required if any bolded screening questions positive)

Yes	No
	<p>Chest pain/tightness/pressure related to exertion Unexplained syncope or near-syncope (not including vasovagal cause) Excessive exertional, unexplained dyspnea/fatigue or palpitations with exercise New heart murmur on exam or persistent tachycardia Abnormal pulses on exam including femoral pulses (to exclude aortic coarctation)</p> <p>History of elevated systemic blood pressure Prior restriction from participation in sports Prior cardiac testing ordered by a physician Family history of premature death <50yrs due to heart disease Disability due to heart disease in a close relative <50yo Family history of HCM/Dilated cardiomyopathy, long QT/ion channelopathies, Marfan syndrome, significant arrhythmias, or genetic cardiac conditions History of heart murmur (excluding innocent/resolved murmurs) Physical stigmata of Marfan Syndrome Abnormal brachial artery blood pressure in sitting position on exam</p>

**14-Element AHA Screening Checklist adapted from Maron BJ, et al. Journal of the American College of Cardiology, 2014.*

Reviewed by UVMMC Pediatric Cardiology February 2021.

Clearance Determination:

- Student/athlete HAS satisfied the above criteria and IS cleared to start the return to activity progression (7 day gradual return protocol outlined on next page).
- Student/athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity progression.

Medical Office Information:

Printed Clinician Name: _____ Clinician Signature: _____

Office Phone number: _____ Office Fax number: _____

Office Address: _____

COVID19: GRADUATED RETURN-TO-PLAY AFTER MEDICAL CLEARANCE (MINIMUM 7 DAYS)*

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- 2. STAGE 2: Day 3 (1 Day Minimum) – 30min/day or less**
Add simple movements activities (running drills) at intensity no greater than 80% maximum heart rate.
- 3. STAGE 3: Day 4 (1 Day Minimum) – 45min/day or less**
More complex training at intensity no greater than 80% maximum heart rate. May add light resistance training.
- 4. STAGE 4: Days 5 and Day 6 (2 Days Minimum) – 60min/day or less**
Normal training activity at intensity no greater than 80% maximum heart rate.
- 5. STAGE 5: Return to full activity/participation.**

**Return-To-Play protocol adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.*