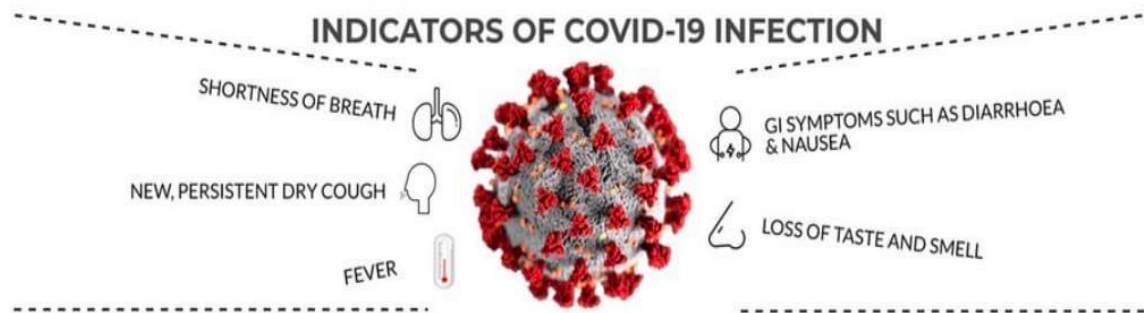
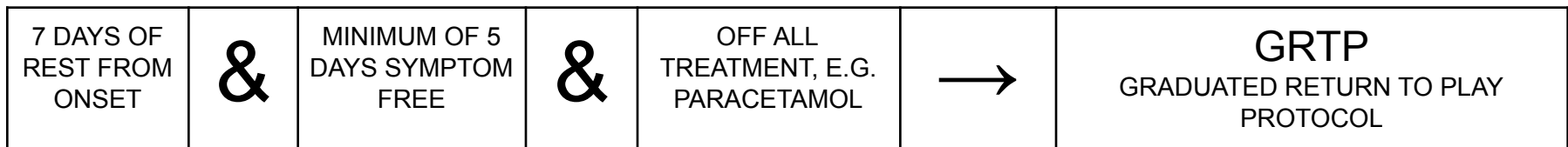


HARRIS ORTHOPAEDICS AND SPORTS MEDICINE

UNDERSTANDING THE GRADUATED RETURN TO PLAY FOR STUDENT ATHLETES RETURNING FROM COVID-19



THIS GUIDANCE IS AIMED AT STUDENT ATHLETES WITH MILD TO MODERATE SYMPTOMS OF COVID-19, THE STUDENT ATHLETES AND THEIR FAMILIES SHOULD FOLLOW STATE AND LOCAL GOVERNMENT GUIDELINES FOR THE MANAGEMENT OF SYMPTOMS INCLUDING ISOLATION AND TESTING PROCESSES. STUDENT ATHLETES WHO HAVE MORE COMPLICATED INFECTIONS, OR REQUIRE HOSPITALIZATION SHOULD HAVE A COMPLETE MEDICAL ASSESSMENT BEFORE BEGINNING A GRADUATED RETURN TO PLAY. ASSESSMENT MAY INCLUDE: BLOOD TESTING FOR MARKERS OF INFLAMMATION (HS-TROP, BNP, CRP, CONSIDER RENAL AND HAEMATOLOGY MONITORING), CARDIAC MONITORING (ECG, ECHO, ETT, CARDIAC MRI) RESPIRATORY FUNCTION ASSESSMENT, SPIROMETRY



GRADUATED RETURN TO PLAY PROTOCOL

UNDER THE SUPERVISION OF THE ATHLETIC TRAINER OR MEDICAL PROFESSIONAL

	STAGE 0	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
	7 DAY MINIMUM	2 DAY MINIMUM	1 DAY MINIMUM	1 DAY MINIMUM	2 DAY MINIMUM	EARLIEST DAY 13	EARLIEST DAY 14
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASE	RESUME NORMAL TRAINING/PRACTICE (NO GAMES)	RETURN TO PLAY/GAMES
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOG, STATIONARY BIKE, NO WEIGHT TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. <i>RUNNING DRILLS</i>	PROGRESS TO MORE COMPLEX TRAINING ACTIVITIES E.G. <i>PLYOMETRICS, WEIGHTS</i>	NORMAL INDIVIDUAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSION (NO GAMES)	
% MAX HEART RATE		< 70%	< 80%	< 80%	< 80%	RESUME NORMAL TRAINING/PRACTICE	
DURATION	7 DAYS	< 15 MIN	< 30 MIN	< 45 MIN	< 60 MIN	RESUME NORMAL TRAINING/PRACTICE	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE	EXERCISE COORDINATION AND SKILLS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING/PRACTICE	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR	SUBJECTIVE SYMPTOMS, RESTING HR	SUBJECTIVE SYMPTOMS, RESTING HR	SUBJECTIVE SYMPTOMS, RESTING HR	SUBJECTIVE SYMPTOMS, RESTING HR	SUBJECTIVE SYMPTOMS, RESTING HR	

***Note:** If at any point the student athlete becomes symptomatic in any stage, that student athlete must go back a stage and progress through it for a 24 hour period without symptoms before progressing to the next stage

****Note:** THIS IS FOR HIGH SCHOOL AND MIDDLE SCHOOL ATHLETES ONLY

Example 1

Athlete with symptoms of COVID and tests positive. Stays symptomatic for 4 days before becoming asymptomatic. When can that athlete start the return to play protocol?

-Day 15

-Symptomatic for 4 days, then was asymptomatic for the rest of the 14 day initial quarantine period

Example 2

Athlete is exposed to another person with COVID and then tested positive. Stays asymptomatic all 14 days. When can that athlete start RTP protocol?

-Day 15

-Completed 14 day quarantine without symptoms

Example 3

Athlete has tested positive for COVID. Initially asymptomatic for 7 days, but becomes symptomatic on day 8 and becomes asymptomatic again on day 12. When can that athlete start RTP protocol?

-Day 19

-Needs to be symptom free for 7 days AND at least 14 days since initial positive COVID testing so symptoms persisted from day 8-11 so the 7 day symptom free period started on day 12

Example 4

Athlete with symptoms of COVID and tests positive. Stays symptomatic until day 9 before becoming asymptomatic on day 10. When can that athlete start RTP?

-Day 17

-Needs to be symptom free for 7 days AND at least 14 days since initial positive COVID testing so the 7 day symptom free period started on day 10