

COVID-19 GRADUAL RETURN TO PLAY PROTOCOL

Cannon School

This guidance is aimed at athletes returning from mild to moderate symptoms of COVID-19. Athletes should follow their state, local government, and pediatrician's guidelines for management of symptoms including isolation and testing processes. This protocol is a supplement to the Cannon School guidance and protocols for returning to school.

Cannon Athletics strongly recommends that athletes who have more complicated infections (ie severe symptoms, underlying health conditions, family history, hospital intervention/support) have medical assessments done by their pediatrician before beginning the gradual return to play under medical supervision.

To begin the return to play protocol athlete must be...



24



Hours Off Any Fever
Reducing Medication

**Physician Office Use Only:*

Date of COVID+ Test: _____

Physician Rx: _____

Physician Signature: _____

Athlete Name: _____ DOB: _____

Date of Symptom Onset: _____

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5
Exercise Allowed	Walking, Stationary Bike No Res Training	Running, BW intervals	Normal S & C, Light non-contact practice	Full-contact practice	Return to Full-participation
Duration	20-30 mins	30-45 mins	60 mins	60-90 mins	No Limit
Days in Stage	1 Day	1 Days	2 Days	1 Day	-
Monitor	Symptoms, Training HR %	Symptoms, Training HR %	Symptoms, Training HR %	Symptoms, Training HR %	Symptoms, Training HR %
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>