

Return to Athletics Post Positive COVID-19 Test

Patient Name: _____ DOB: _____

ONE of the below is required to be initialed by student's physician

_____ The above patient has been evaluated after a confirmed positive COVID-19 test and I have determined that my patient does not require the 7 day American Academy of Pediatrics (AAP) Return to Play (RTP) protocol. I certified the above patient is cleared for full participation in athletics as of this date: _____.

_____ The above patient has been evaluated after a confirmed positive COVID-19 test. The patient may enter the 7 day American Academy of Pediatrics (AAP) Return to Play (RTP) protocol upon return to school on day 6 (after 5 day isolation) and will be cleared for full athletic participation at the successful completion of the AAP RTP protocol by the designated school medical personnel. (RN-ATC-EMT).

AAP Gradual Return-to-Play Plan: The following progression was adapted from Elliott N, et al, infographic, *British Journal of Sports Medicine*, 2020:

Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less: Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training.

Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less: Add simple movement activities (eg. running drills) - intensity no greater than 80% of maximum heart rate.

Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less: Progress to more complex training - intensity no greater than 80% maximum heart rate. May add light resistance training.

Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes: Normal training activity - intensity no greater than 80% maximum heart rate.

Stage 5: Day 7 - Return to full activity/participation (i.e., - Contests/competitions).

_____ The above patient has been evaluated after a confirmed positive COVID-19 test and is cleared to begin the full 7 day American Academy of Pediatrics (AAP) Return to Play (RTP) protocol on day _____ as outlined in the AAP RTP protocol above.

_____ The above patient has been evaluated after a confirmed positive COVID-19 test and is not cleared to return to athletics.

Physician Signature

Date

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