



Indian Hills Middle School

6400 Mission Rd. Prairie Village, KS 66208

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COVID Return to Play Progressive Exercise Program (24 hours between each activity)

Complete after doctor's visit and note provided to school nurse Judy McMullen: judithmcmullen@smsd.org:

Day 1: Date: _____ Activity: _____ Signature: _____

- Stage 1 (2 days minimum): Light activity (walking, jogging, stationary bike) for 15 minutes or less at an intensity no greater than 70% maximum heart rate. No resistance training.

Day 2: Date: _____ Activity: _____ Signature: _____

- Stage 1 (2 days minimum): Light activity (walking, jogging, stationary bike) for 15 minutes or less at an intensity no greater than 70% maximum heart rate. No resistance training.

Day 3: Date: _____ Activity: _____ Signature: _____

- Stage 2 (1 day minimum): Add simple movement activities (e.g., running drills) for 30 minutes or less at an intensity no greater than 80% of maximum heart rate.

Day 4: Date: _____ Activity: _____ Signature: _____

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

Day 5: Date: _____ Activity: _____ Signature: _____

- Stage 4 (2 days minimum): Normal training activity for 60 minutes or less at an intensity no greater than 80% maximum heart rate.

Day 6: Date: _____ Activity: _____ Signature: _____

- Stage 4 (2 days minimum): Normal training activity for 60 minutes or less at an intensity no greater than 80% maximum heart rate.

Day 7: Stage 5: Return to full activity.

Please email or provide documentation to school nurse Judy McMullen: judithmcmullen@smsd.org upon