



COVID-19 RETURN TO PLAY(RTP) PROTOCOL - OPT OUT WAIVER

The American Academy of Pediatrics recommends a graduated return-to-play protocol for student athletes ages 12 and above who have tested positive for COVID-19 due to the risk of myocarditis. The sports medicine team at Steadman Hawkins Clinic of the Carolinas currently also recommends this Return-to-Play protocol. SJCS provides this service to all student athletes who have tested positive for COVID. Students can work with the school's trainer if they are currently participating in or will be participating in a school sport this school year. This is strongly encouraged for athletes competing in sports involving strenuous, sustained, or aerobic activity (ie, football, basketball, soccer, running, lacrosse, etc).

Complete or initial Below:

Student Name: _____ (the "Student")

The Student has been seen by a physician who has cleared the Student to return to exercise after a recent COVID-19 infection. _____ YES or _____NO

DATE OF POSITIVE TEST _____ DATE OF EXAM _____

- I understand that this RTP protocol is recommended and offered, and I decline participation in the graduated return to play protocol with the trainer. I voluntarily agree to assume all risks and accept sole responsibility for any injury, illness, or damage of any kind the Student may experience or incur in connection with returning to play without completing the RTP protocol. I hereby release and hold harmless SJCS, its employees, and agents, of and from all liabilities, claims, damages, or expenses arising out of or relating to opting out of the RTP protocol.
- All information reported on the RETURN to SPORT CLEARANCE form regarding symptoms and medical history is accurate and has been filled out or reviewed by the parent signing below.
- If the Student experiences any chest pain, shortness of breath, irregular heartbeats, or dizziness during exercise or athletic activities he/she agrees to notify the coach or trainer immediately and an evaluation by a medical provider will be required to return to team activities.
- I understand that even by declining this protocol, the earliest possible return to team practices or competitions remains either day 6 (outdoor) or day 11 (indoor) after a COVID infection.

Signature of parent: _____

Signature of student: _____

Date: _____

Sport (school year 2021-2022): _____

Signature of Athletic Trainer or Athletic Director: _____