

# MSHSAA COVID-19 Return to Play Form

If a student athlete has tested positive for COVID-19, he/she must gradually increase physical activity and may return to full competition no sooner than 10 days from the date of symptoms starting OR from their positive test if they did not have symptoms. This form must be used for a student athlete who tests positive or has signs/symptoms during the season OR within 10 days prior to the start of participation.

**Note:** The section below is to be completed by the student athlete and parent/guardian.

Student Athlete's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Date of symptom onset/Positive Test: \_\_\_\_\_

Date returned to school from isolation: \_\_\_\_\_

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The return to play progression, noted below, may start no sooner than Day 6 from the start of symptoms OR from a positive test if student was asymptomatic.

## Return to Play (RTP) Progression After COVID-19 Infection

Exercise must be conducted without development of chest pain, chest tightness, excessive shortness of breath, lightheadedness, feeling like the heart is racing excessively fast in the chest, excessively fatigued, or feeling like they may pass out/faint with their exercise. If these symptoms develop or are present, the student athlete should be referred to their primary care physician for further evaluation and clearance before full return to play. **Student athletes must wear a mask IF around others during the 5 day RTP progression. If not around others during the 5 day RTP progression, a mask is not warranted.**

- **Day 1:** May start light cardiovascular activity for up to 30 minutes
- **Day 2:** May increase intensity of cardio and incorporate sports drills for up to 45 minutes. May also add resistance training
- **Day 3:** Continue to increase training intensity up to 60 minutes
- **Day 4:** May resume normal practice participation
- **Day 5: Eligible for competition**

**Date started to resume activity:** \_\_\_\_\_  
(MUST be no sooner than day 6 from the start of symptoms OR the positive test date if the student athlete was asymptomatic).

**Date returned to competition :** \_\_\_\_\_  
(MUST be no sooner than day 10 from start of symptoms OR the positive test date if student athlete was asymptomatic).

This student athlete has:

- Had 10 days pass since the onset of symptoms OR their positive test if no symptoms
- **NOT** had any of the following with exercise
  - Chest pain
  - Chest tightness
  - Shortness of breath with simple exertion
  - Feeling like they will pass out or has nearly passed out
  - Persistent fatigue
  - Feeling like their heart is racing abnormally fast in their chest
- Not been hospitalized with COVID

Student Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

School personnel signature \_\_\_\_\_ Date \_\_\_\_\_  
(Coach, Athletic Director, Athletic Trainer, School Nurse)