

COVID (+) Return to Play

K – 8th Grades

| <u>Asymptomatic</u> Testing due to exposure; incidental finding of positive test | <u>Mild illness</u> < 4 days of fever > 100.4°F; < 1 week myalgia, chills, or lethargy | <u>Moderate illness</u> 4+ days of fever > 100.4°F; 1+ week myalgia's, chills, lethargy; non-ICU hospital stay and no evidence of MIS-C | <u>Severe illness</u> ICU or MIS-C |
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| Rest Period/No exercise: 10 days from positive test | Rest Period/No exercise: 10 days from symptom onset | Rest Period/No exercise: 10 days after positive test <i>AND</i> 10 days symptom-free without medication In person physical and cardiac examination; referral to cardiology if concerns for cardiac involvement | Rest Period/No exercise: Restricted from sports or strenuous exercise for 3-6 months Referral to cardiology recommended for clearance |
| Return to Play Graduated return to play progression as below; Athlete must be 24 hours symptom-free before starting progression; Athlete should remain asymptomatic, if experiencing cardiovascular symptoms, further evaluation required | | | Return to Play Based on cardiologist recommendations |
| Minimum 1 day symptom free (excluding loss of taste/smell) Two days of increase in physical activity (1 light practice, 1 normal practice), no games before day 3 | Minimum 1 day symptom free (excluding loss of taste/smell) 4 days gradual increase in physical activity (1 light cardio workout on own, 2 light practices, 1 full practice), no games before day 5. | | |
| *** A facemask should be worn in accordance with current CDC guidance. | | | |

Revised 8/2022

Reference: <https://www.chop.edu/clinical-pathway/coronavirus-guidance-return-sports-general-pediatricians>