

COVID (+) Return to Play

9th – 12th Grades

| <u>Asymptomatic or Mild illness</u> URI symptoms, GI symptoms, loss of taste/smell, afebrile or fever < 2 days | <u>Moderate illness</u> Fever > 100.4°F, chills, flu-like symptoms ≥ 2 days; chest pain, dyspnea, palpitations | <u>Severe illness or Hospitalization</u> | <u>Cardiopulmonary Symptoms with return to exercise</u> exertional chest pain, excessive dyspnea, unexplained exercise intolerance, palpitations, syncope |
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| Rest period/No exercise: 3 days from symptom onset or positive test (if asymptomatic) No medical evaluation needed No cardiac testing required; based on clinical concern | Rest period/No exercise: 5 days from symptom onset Medical evaluation required Consider EKG, echo, troponin before return to exercise, if abnormal, refer to cardiology | Rest Period/No exercise: No exercise until evaluation complete Comprehensive medical evaluation <i>and</i> cardiology consultation required | Immediately stop all exercise until after evaluation <i>Cardiology</i> consultation required for EKG, echo, troponin; consider cardiac MRI before return to play |
| Return to Play Athlete should remain asymptomatic; if experiencing cardiovascular symptoms, further evaluation required | | RTP progression: Based on cardiologist recommendations | |
| RTP progression: individualized | RTP progression: Minimum 3 day gradual RTP progression, may take longer depending on athlete fitness and severity/duration of COVID symptoms; Moderate symptoms must be resolved before beginning progression | | |

*EKG compared to previous when available

*Troponin testing should be performed after 48 hours without exercise