



Exercise Recommendations

For students post-positive COVID-19

STEPS FOR A SAFE RETURN TO PHYSICAL ACTIVITY

Your child should gradually increase his or her level of physical activity in the six days after having COVID-19. By day six, your child should be able to participate in 60 minutes of physical activity without excessive fatigue, breathlessness or chest discomfort. The level of participation may vary based on your child's personal level of physical fitness.

You may contact the school to request modified physical activity during this phase. During the six days, if your child has any of the above-mentioned symptoms, please contact your Primary Care Physician (PCP) and school nurse.

WHAT TO WATCH FOR

- **Fatigue - Feeling tired or weak**
- **Breathlessness - Uncomfortable, fast or difficult breathing**
- **Chest discomfort - Pain, tightness or burning in chest**

WHEN CAN THESE SYMPTOMS PRESENT

Fatigue, breathlessness and chest discomfort are not common, but can occur when returning to physical activity after having a COVID-19 illness

References:

American Academy of Pediatrics (AAP) – [COVID-19 Interim Guidance: Return to Sports and Physical Activity](#)

Delaware Interscholastic Athletic Association (DIAA) - [COVID-19 Return to Sport 2020-2021](#)

WHO SHOULD BE IN THE LOOP

- **COVID- 19 Positive Student**
- **Parents/Guardians**
- **Primary Care Physician (PCP)**
- **School Nurse**
- **Physical Education teacher (if enrolled in a PE course)**
- **Athletic Trainer (if participating in DIAA sports)**

SAMPLE PLAN

Day 1: Up to 10 minutes of light exercise such as jogging, walking or biking

Day 2: Up to 20 minutes of aerobic exercise such as jogging, walking or biking

Day 3: 30-45 minutes of moderate exercise, which can include resistance exercise

Day 4: 45-60 minutes of moderate exercise, which can be sport specific

Day 5: 60 minutes of moderate to vigorous exercise

Day 6: Return to full participation with no restrictions