DALLAS INDEPENDENT SCHOOL DISTRICT Sports Medicine

COVID – Return to Play Protocol

DALLAS INDEPENDENT SCHOOL DISTRICT | Athletics

All student-athletes who have displayed COVID-19 related symptoms and/or attains a positive COVID-19 test, will be required to go through the Return to Play (RTP) protocol due to the nature of the virus.

In order to be eligible to begin the RTP protocol, any student-athlete who has COVID-19 related symptoms or tests positive must meet the following requirements:

1. Quarantine at home resting with no exercise for a minimum of 14 days.
    A. If test positive and asymptomatic, 14 days from test date.
    B. If symptomatic, 14 days once symptoms resolve.
2. See a physician (MD or DO) to obtain written medical clearance

Return to Play (RTP) Protocol

Baseline monitoring; begins with a resting heart rate and rated perceived exertion for each step.

Step 1/Day 1:
15 minutes of light cardiovascular activity (stationary bike, light jogging/walking).

Step 2/Day 2:
30 minutes of light cardiovascular activity (stationary bike, light jogging/walking).

Step 3/Day 3:
45 minutes of strength & conditioning / Interval training (weights, running, agility drills, burpees, etc.).

Step 4/Day 4:
60+ minutes Sports specific individual drills

Step 5/Day 5:
Full practice as tolerated

Step 6/ Day 6:
Full return to competition

- Each step should be completed on its own day (cannot perform multiple steps the same day).
- If symptoms lasting 48 hours during the RTP protocol, the athlete must return to their treating physician for repeat evaluation.
- If an athlete can complete all steps without the return of symptoms, the athlete will be allowed to progress to competition.

COVID-19 Positive or Symptomatic Patients

You will be required to log your symptoms for 14-days. The log will be provided to you by a Dallas ISD athletic trainer. You will be required to complete the log each day to track your symptoms. This is an essential part of you being able to return to your program. A QR CODE will be utilized to log your symptoms daily during your 14-day quarantine. This QR Code will be provided by your athletic trainer.

Asymptomatic Patients with a COVID-19 Exposure

Athletes who have had direct contact with a COVID-19 person must quarantine for 14 days and provide written medical clearance from a physician to return to sport. Under the advice of medical professionals, a "negative test" will not alter or shorten the 14-day quarantine period. "Direct Contact" is defined as close interaction within six feet and without appropriate PPE for at least 15 minutes. Re-entry into practice is under the supervision of the athletic trainer.

COVID-19 Symptom Tracker/Log														
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Date of Symptom														
Fever														
Cough														
Shortness of Breath														
Body Aches														
Headache														
Loss of Taste/Smell														
Sore Throat														
Congestion														
Vomiting														
Diarrhea														
Swollen Eyes														
No Symptoms														

*Further Assessment Considerations for Physician

- Blood testing for markers of inflammation (High Sensitivity-Troponin, Brain Natriuretic Peptide and C reactive protein)
- Cardiac monitoring (12-lead ECG, echocardiogram, exercise tolerance test and cardiac MRI)
- Respiratory function assessment (spirometry)
- Renal and hematological monitoring.