

# FL/WNY Provider Assessment/Release for Return to Play After COVID-19

Self-Assessment Attestation Form Reviewed Y  N

Normal cardiovascular exam?: Y  N

EKG normal (if indicated)? Y  N

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Cardiology referral indicated?: N  Y

Cleared for return to sports\*?: N  Y

**\*If  $\geq 12y$  and in competitive sports/intense exercise activities, please begin graduated return to sports (suggested protocol below)**

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Signature:

Printed Name:

Date:

**BOX A: Additional Guidance on Returning to Play** (Note: if the patient has already advanced back to physical activity on their own and is without abnormal cardiovascular signs/symptoms, then no further evaluation is necessary. COVID19 disease history should be documented.)

**When should children and adolescents return to play?**

1. Completed isolation and minimum amount of symptom free time has passed
2. Can perform all activities of daily living
3. No concerning signs/symptoms
4. Physician clearance has been given, if indicated

**At what pace should children and adolescents return to play?**

5. <12yo: progress according to own tolerance
6. 12+: gradual return to physical activity
  - o Asymptomatic / Mild symptoms: Minimum 1 day symptom free (excluding loss of taste / smell), 2 days of increase in physical activity (i.e. one light practice, one normal practice), no games before day 3. A mask is required for ALL physical activity, including games or scrimmages, until 10 full days from+ test or symptom onset have passed.
  - o Moderate symptoms: Minimum 1 day symptom free (excluding loss of taste / smell), and a minimum of 4 days of gradual increase in physical activity (one light cardio workout on own, two light practices, one full practice), no games before day 5. A mask is required for ALL physical activity, including games or scrimmages, until 10 full days from + test or symptom onset have passed.

**When should children and adolescents pause return to play?**

- If patient develops any chest pain, SOB out of proportion to URI infection, new-onset palpitations, or syncope when returning to exercise, immediately stop and go to PCP for in-person exam and consider referral to Pediatric Cardiology