Assessment/Release for Return to Play After COVID-19

Patient: School:

DOB: Sport:

PCP:

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Date of onset of COVID symptoms:

Date of COVID positive test or start of isolation:

Fever for 4 days or more?:	N ☐	Y ☐
Systemic symptoms for 1 week or more (fever, myalgia, chills, profound lethargy)?:	N ☐	Y ☐
Hospitalization due to COVID symptoms?:	N ☐	Y ☐
ICU hospitalization, intubation, or evidence/diagnosis of MIS-C?:	N ☐	Y ☐

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Recent symptoms:

Chest pain at rest or with exertion? (not musculoskeletal or costochondritis):	N ☐	Y ☐
Shortness of breath out of proportion to upper respiratory infection:	N ☐	Y ☐
Excessive fatigue with exertion?:	N ☐	Y ☐
New onset palpitations?:	N ☐	Y ☐
New onset syncope?:	N ☐	Y ☐

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Normal cardiovascular exam?:	Y ☐	N ☐
EKG normal (if indicated)?	Y ☐	N ☐

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Cardiology referral indicated?:	N ☐	Y ☐
Absence of high risk systemic symptoms (fever, myalgias, chills or profound lethargy) without antipyretics for 10 days or more?	Y ☐	N ☐
Cleared for return to sports*?:	Y ☐	N ☐

*If ≥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:

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†Suggested gradual return to sports progression
(*adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020*):

Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less: Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training.

Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less: Add simple movement activities (eg. running drills) - intensity no greater than 80% of maximum heart rate.

Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less- Progress to more complex training - intensity no greater than 80% maximum heart rate. May add light resistance training.

Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes - Normal training activity - intensity no greater than 80% maximum heart rate.

Stage 5: Day 7 - Return to full activity/participation (ie. Contests/competitions).

Note: Patient should be symptom free before progressing to next stage.