



MEDICAL CLEARANCE FOR RETURN-TO-PLAY AFTER COVID-19 INFECTION

Physician to complete if athlete has been diagnosed with COVID within 6 months

Name: _____ DOB: _____

Date of Positive COVID Test: _____

Date of Symptom Onset: _____ N/A if asymptomatic:

Date of Last Symptoms: _____ N/A if asymptomatic:

Date of Medical Evaluation: _____

Criteria for Return*:

- >10 days have passed since tested positive for COVID19
- Symptom-free (excluding loss of taste/smell) >24hr off fever-reducing medications (for COVID19 with asymptomatic/mild symptoms) OR Symptom-free excluding loss of taste/smell >10 days off fever-reducing medications (for COVID19 with moderate symptoms)
- Has had a normal ECG (required if ≥ 12 years of age and history of moderate symptoms with COVID19 illness)
- No history of ICU hospitalization, intubation, or MIS-C
- 14-element AHA cardiac screening** reviewed (further cardiac work up required if any bolded screening questions positive)

Yes	No	
1	1	Chest pain/tightness/pressure related to exertion
1	1	Unexplained syncope or near-syncope (not including vasovagal cause)
1	1	Excessive exertional, unexplained shortness of breath/fatigue or new onset palpitations with exercise
1	1	New heart murmur on exam or persistent tachycardia
1	1	Abnormal pulses on exam including femoral pulses (to exclude aortic coarctation)
1	1	History of elevated systemic blood pressure
1	1	Prior restriction from participation in sports
1	1	Prior cardiac testing ordered by a physician
1	1	Family history of premature death <50yrs due to heart disease
1	1	Disability due to heart disease in a close relative <50yo
1	1	Family history of HCM/Dilated cardiomyopathy, long QT/ion channelopathies, Marfan syndrome, significant arrhythmias, or genetic cardiac conditions
1	1	History of heart murmur (excluding innocent/resolved murmurs)
1	1	Physical stigmata of Marfan Syndrome
1	1	Abnormal brachial artery blood pressure in sitting position on exam

*<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-interim-guidance-return-to-sports/>

**14-Element AHA Screening Checklist adapted from Maron BJ, et al. *Journal of the American College of Cardiology*, 2014. Reviewed by UVMC Pediatric Cardiology March 3, 2021.

Clearance Determination:

- Student/athlete HAS satisfied the above criteria and IS cleared to start the return to activity progression (return to activity as tolerated if <12yo; ≥ 7 -day graduated return protocol if ≥ 12 yo +/- or high intensity or supervised/school sports or athletic programs).
- Student/athlete HAS satisfied the above criteria and IS cleared to return to sport without restriction. He/She has already advanced back to physical activity/sport and do not have any abnormal signs/symptoms, no further workup is necessary.

Medical Office Information:

Printed Clinician Name: _____ Clinician Signature: _____

Office Phone number: _____ Office Fax number: _____

Office Address: _____

GRADUATED RETURN-TO-PLAY AFTER COVID19 INFECTION*

Indications: Age ≥ 12 yo +/- or High Intensity or Supervised/School Sports or Athletic Programs

Once medically cleared, students/athletes should complete the suggested return-to-play progression without development of chest pain/tightness, palpitations, lightheadedness, significant exertional dyspnea, pre-syncope, or syncope. If any of these symptoms develop, the patient should be referred back to the evaluating provider who signed the medical form.

MINIMUM 7-DAY PROGRESSION:

Calculating Max Heart Rate: $220 - \text{Your Age} = \text{Predicted Max Heart Rate (beats/min)}$

1. **STAGE 1: Day 1 and Day 2 (2 Days Minimum) - 15min/day or less**
Light activity (walking, jogging, stationary bike); intensity $\leq 70\%$ maximum heart rate. NO resistance training.
2. **STAGE 2: Day 3 (1 Day Minimum) – 30min/day or less**
Add simple movements activities (running drills) at intensity $\leq 80\%$ maximum heart rate.
3. **STAGE 3: Day 4 (1 Day Minimum) – 45min/day or less**
More complex training at intensity $\leq 80\%$ maximum heart rate. May add light resistance training.
4. **STAGE 4: Days 5 and Day 6 (2 Days Minimum) – 60min/day or less**
Normal training activity at intensity $\leq 80\%$ maximum heart rate.
5. **STAGE 5: Return to full activity/participation.**

*Return-To-Play protocol adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.

_____ has completed the return to play protocol after a Covid-19 infection and may return to full sports activity.

Physician/Athletic Trainer

Date