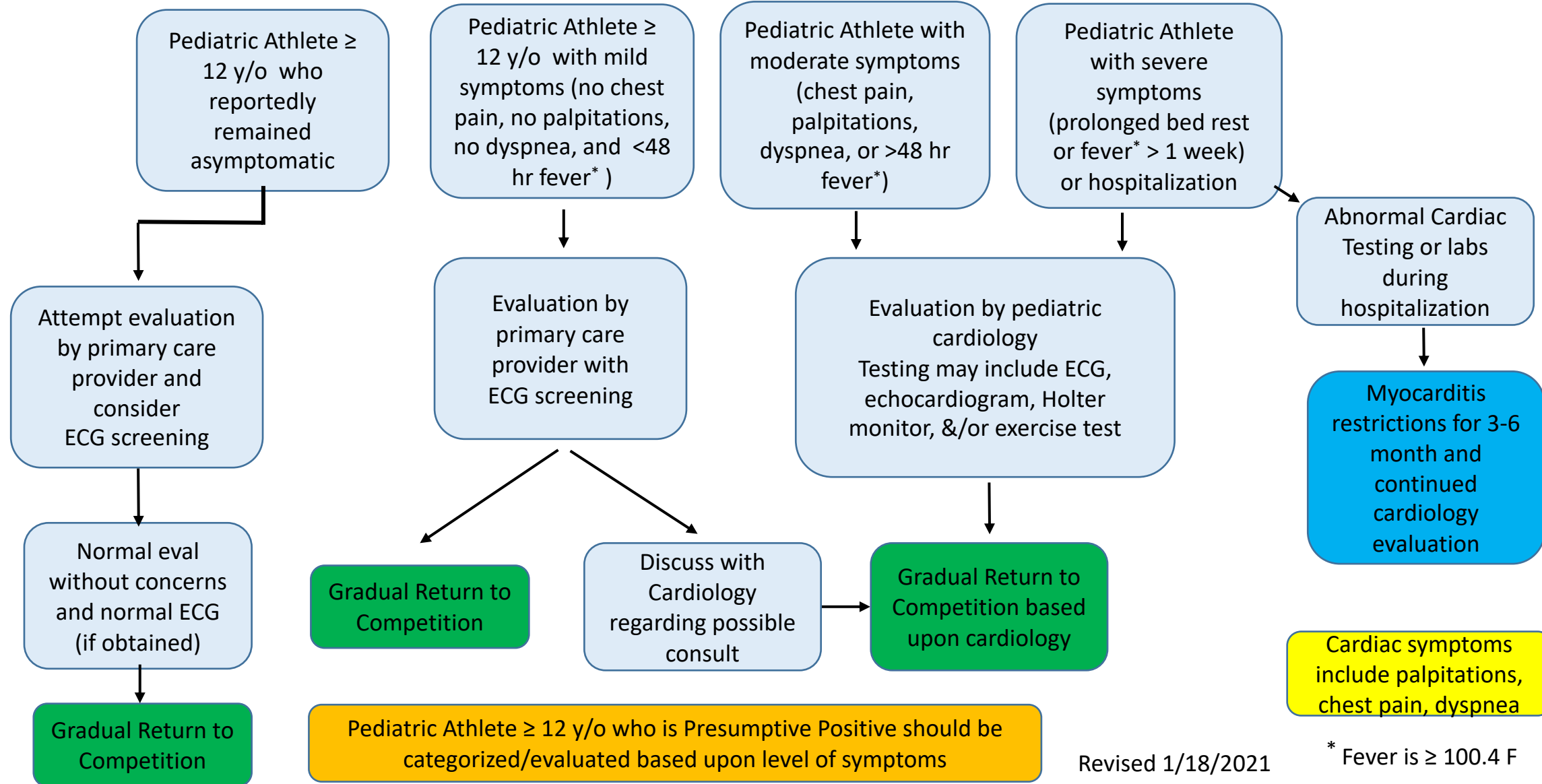


Return to Play After COVID-19 Infection at Least 10 days from Diagnosis

* Athletes should be at least 24 hours removed from concerning symptoms



Return to Play After COVID-19 Infection at Least 10 days from Diagnosis

No Concerning Cardiac Symptoms for at Least 24 hours and Refrained from Sports

Asymptomatic Pediatric Athlete \geq 12 y/o who tested positive in last 3 months

Untested Pediatric Athlete \geq 12 y/o who is Presumptive Positive

Symptomatic Pediatric Athlete \geq 12 y/o who tested positive in last 3 months

Attempt evaluation by primary care provider and consider ECG screening

Evaluation by primary care provider with ECG screening

Gradual Return to Competition

Gradual Return to Competition

Evaluation by Pediatric Cardiology

COVID-19 GRADUATED RETURN TO PLAY FOR PERFORMANCE ATHLETES: GUIDANCE FOR MEDICAL PROFESSIONALS

JUNE 2020 EDITION

Athletic trainer or team physician should be monitoring graduated activity and assessing for symptoms



Symptoms of chest pain, palpitations, early fatigue or pre-syncope



Consider evaluation by primary care provider, ECG screening and possible cardiology consult

Refrained from activity for 10 days and off all medical treatment



GRTP
GRADUATED
RETURN TO
PLAY PROTOCOL

GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION

	Stage 1 14 Days Minimum	STAGE 2 2 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 2 DAYS MINIMUM	Stage 5 Earliest Day 21	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	RETURN TO COMPETITION IN SPORT SPECIFIC TIMELINES
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	10 days	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	

ACRONYMS: I-PPRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)

NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT

