

Graduated Return to Play (GRTP) – Athletes Returning to Play after Mild COVID-19 illness

Date Month/Date	Stage	Day	Amount of allowed practice time	Recommended Activity	% Maximum Heart Rate <small>< 18 years of age - 200 = max HR ≥ 18 years of age - 220-age = max HR</small>
Date released:	0	COVID-19 <i>isolation clearance</i> from local health department (10 days have passed from date of first symptom, all symptoms improving, 24 hours symptom free off-fever reducing medications) AND return to <i>play clearance</i> from physician (PCP for mild symptoms, cardiologist for moderate to severe symptoms) AND athlete is asymptomatic when performing normal activities of daily living.			
Date:	1	Days 1 and 2	≤ 15 min	Light activity (walking, light jogging, stationary bike). NO resistance training.	< 70% (140 bpm)
Date:	2	Day 3	≤ 30 min	Add simple movement activities (eg. running drills). No resistance training.	<80% (160 bpm)
Date:	3	Day 4	≤ 45 min	Progress to more complex training. May add light resistance training.	<80% (160 bpm)
Date:	4	Days 5 and 6	≤ 60 min	Normal training activity.	<80% (160 bpm)
Date:	5	Day 7	Entire practice/game	Return to full activity/participation including games/competitions	100% (200 bpm)
<ul style="list-style-type: none"> Some athletes take over 3 weeks to recover. If symptoms start or re-occur (including excessive fatigue) while going through GRTP, consider returning to the previous stage and progress again after a minimum of 24 hours rest without symptoms. Re-evaluation may be necessary. Athletes diagnosed with COVID-19 and who have medical conditions such as diabetes, cardiovascular disease or renal disease may need extended rest or testing prior to commencing GRTP. 					

Adapted from American Academy of Pediatrics guidelines and British Journal of Sports Medicine

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

<https://bjsm.bmj.com/content/54/19/1174>

<https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>

<https://jamanetwork.com/journals/jamacardiology/fullarticle/2772399>

<http://dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>

<https://www.ihsa.org/documents/CovidGuidelines/Return%20to%20Play%20Procedures%20After%20COVID19.pdf>

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