



Medical Release for Graduated Return to Play Post-COVID

Patient Name: _____ DOB: _____

Date of Positive Test Results (N/A if no test): _____

Date of Evaluation: _____

NOTE: If any cardiac screening question below is positive or if athlete was hospitalized, had prolonged temperature, myalgia, lethargy or chills (greater than 3 days) or was diagnosed with multisystem inflammatory syndrome in children (MIS-C), consultation with cardiology is recommended by the AAP.

Criteria to return to play (all answers below must be YES to return to play)

- Patient has been cleared from the local health department. YES NO
- Patient did NOT have \geq 4 days temperature (100.4). YES NO
- Patient did NOT have \geq 4 days of lethargy, myalgia or chills. YES NO
- Patient is asymptomatic when performing activities of daily living. YES NO
- Patient was not hospitalized due to COVID-19 infection. YES NO
- Patient did not have symptoms of Multisystem inflammatory syndrome in children (MIS-C) YES NO
- Cardiac screen negative for concerning signs/symptoms
 - No Chest pain/tightness with exercise YES NO
 - No unexplained syncope/near syncope YES NO
 - No unexplained/excessive dyspnea/fatigue with exertion YES NO
 - No new palpitations YES NO
 - No new or unexplained heart murmur on exam YES NO
 - Blood Pressure is below 95th percentile for age YES NO
- I have reviewed athlete's past medical, social, cardiac, and family history YES NO

Athlete **HAS** satisfied the above criteria and IS cleared to start the Graduated Return to Play progression (see second page for clearance date **AND** Stage /Day date).

Athlete **HAS NOT** satisfied the above criteria and IS NOT cleared to return to activity due to: _____

Other: _____

Medical Office Information:

Provider's Name: _____ Date: _____

Provider's Signature: _____

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

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

Medical Office Information:

Provider's Name: _____ Date: _____

Provider's Signature: _____

<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>