

Special COVID 19 release circumstances you may start to see in clinic:

- An athlete may be requesting a sports physical and a COVID release at the same time. This is expected since sports started abruptly, this is ok to do both same day. (these patients will need a sports physical form and a COVID release form).
- You may return an athlete to Stage 5 and skip stage 1-4 –
 - Ex. Patient had mild COVID illness 3 months ago, has been participating in sport activities since without cardiac or other symptoms.
 - Ex. Patient had mild COVID illness 2 weeks ago, is requesting to play golf, could consider releasing with certain restrictions (ex. Use a pull cart for clubs); other low intensity/endurance sports may also have similar situations to keep in mind.
- Provider discretion to determine what stage/day to start GRTP. Most athletes are recommended to start at Stage 1/Day 1 for a recent COVID illness.
- As of now, most schools do not have PE, however, we foresee these guidelines potentially applying to return to physical activity (PE) as well.
- If patient's clearance date starts on a weekend where there isn't school supervised monitoring during the activity, could consider parental supervision for stage 1 light activity (checking pulse during and after a 15 minute walk).
 - EC scenario - If patient seen on weekend, parent could start the GRTP stage 1/Day 1 on the weekend, parents to call PCP on Monday with report.
 - MPS primary scenario – primary knows the family well, COVID isolation clearance starts on Saturday/Sunday and appointment is scheduled for Monday, primary could instruct parent to begin Stage 1/Day 1 on the weekend with release form given during the visit on Monday.
- When discussing a COVID positive result with an athlete, anticipate their clearance date and date a COVID release physical will need to be scheduled. Discuss with parents the GRTP at time of COVID diagnosis.
- ExpressCare will be available for sports physicals and COVID release physicals secondary to the facts Phase 4 with sport activities started without much notice and the seasons are short, therefore returning players after a COVID illness quickly will be important for these families.
- Reminder to ExpressCare providers: these are **not** well child exams, be mindful of the possible need for immunizations (see attachment).
- **Open communication** between the EC and MPS primary care is imperative for this process. If the EC provider has any concerns or findings, the EC provider will be reaching out to the PCP for guidance or follow up.
- Severe disease = no clearance, cardiology required to see in person
- **Moderate disease** = if cardiology unable to see in person, phone consult with cardiologist required. PCP can start with ECG, cardiology will determine other investigations that may/ may not be needed. (EC providers to transfer care to PCP providers for all moderate symptom classification). If cardiology recommends clearance to return to play, **cardiologist to determine the recommended GRTP schedule.**