

CLINTON CENTRAL SCHOOL DISTRICT

HEALTH OFFICE

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RETURN TO ATHLETIC PLAY AFTER COVID-19 INFECTION

Name of Student-Athlete: _____ DOB: _____

Date COVID-19 Infection Diagnosed: _____

If symptomatic, date symptoms resolved: _____

COVID Case:

- Asymptomatic (no symptoms) or mild symptoms (fever, myalgia, chills, and lethargy < 4 days)
- Moderate symptoms (fever, myalgia, chills or lethargy lasting ≥ 4 days or hospitalized but not in ICU)
- Severe symptoms (hospitalized in ICU and/or MIS-C)

As the examining LHCP, I attest that the above-named student-athlete is now reporting to be completely free of all signs and symptoms of COVID-19, at least 10 days from positive test, and afebrile for 24 hours and is either cleared for resumption of activity or recommended for cardiology referral.

- Cleared for return to athletics without limitations.
- Cleared for return to athletics after completion of a graduated return to play due to the severity of symptoms and/or hospitalization associated with the student's positive COVID-19 diagnosis. (see page 2)
- Not Cleared: Cardiology consultation before clearance.

Signature of Medical Provider: _____ Date: _____

Please Print Name/Address: _____

Signature of Parent/Legal Custodian: _____ Date: _____

Graduated Return-to-Play Protocol After COVID-19 Infection If Applicable

In participants who have had moderate or severe symptoms of COVID-19 and their **provider has ordered the athlete** to complete the graduated return to play, the athlete should complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, or syncope. If these symptoms develop, the participant should be referred back to the evaluating provider who signed the form.

- Date: _____ **Stage 1:**(2 Days Minimum) Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
- Date: _____ **Stage 2:** (1 Day Minimum) Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate.
- Date: _____ **Stage 3:** (1 Day Minimum) Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- Date: _____ **Stage 4:** (2 Days Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.
- Date: _____ **Stage 5:** Return to full activity.

If required by health care provider, the participant has completed the 5 stage RTP progression under the supervision of a responsible adult: _____ Date: _____

RTP Procedure adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020