

APPENDIX E - ACCC COVID-19 Return to Play Form*

If an athlete has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/ARNP)

Athlete's Name: _____ DOB: _____ Date of Positive

Test: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____

Criteria to return (Please check below as applies)

- 10 days have passed since onset of symptoms, or date of positive COVID test (whichever came last)
- Symptoms have resolved (No fever ($\geq 100.4F$) for 24 hours without fever reducing medication, improvement of symptoms (cough, shortness of breath)
- Athlete was not hospitalized due to COVID-19 infection.
- Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no)
 - Chest pain/tightness with exercise YES NO
 - Unexplained Syncope/near syncope YES NO
 - Unexplained/excessive dyspnea/fatigue w/exertion YES NO
 - New palpitations YES NO
 - Heart murmur on exam YES NO

NOTE: If any cardiac screening question is positive or if athlete was hospitalized, consider further workup as indicated. May include cardiac enzymes, inflammatory markers (ESR and/or CRP), CXR, Spirometry, PFTs, Chest CT, Cardiology Consult

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- Athlete HAS satisfied the above criteria and IS cleared to start the return to activity progression.
 - Athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____ Office Phone: _____

Evaluator's Address: _____

Evaluator's Signature: _____

Return to Play (RTP) Procedures After COVID-19 Infection

Athletes must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, patient should be referred back to the evaluating provider who signed the form.

Day 1: Medical evaluation. May proceed with Day 1 of re-acclimation (25% intensity) if medical evaluation is completed and normal.

Day 2: Day 2 of re-acclimation (50% intensity).

Day 3: Day 3 of re-acclimation (75% intensity).

Day 4: Day 4 of re-acclimation (100% intensity; full practice or game).

*Practice and conditioning activities during the period of re-acclimation to exercise should be determined collaboratively by medical staff, strength and conditioning staff, and coaching staff.

Cleared for Full Participation by School Personnel (Minimum 4 days spent on RTP): _____

Form only required for student-athletes who test positive for COVID-19