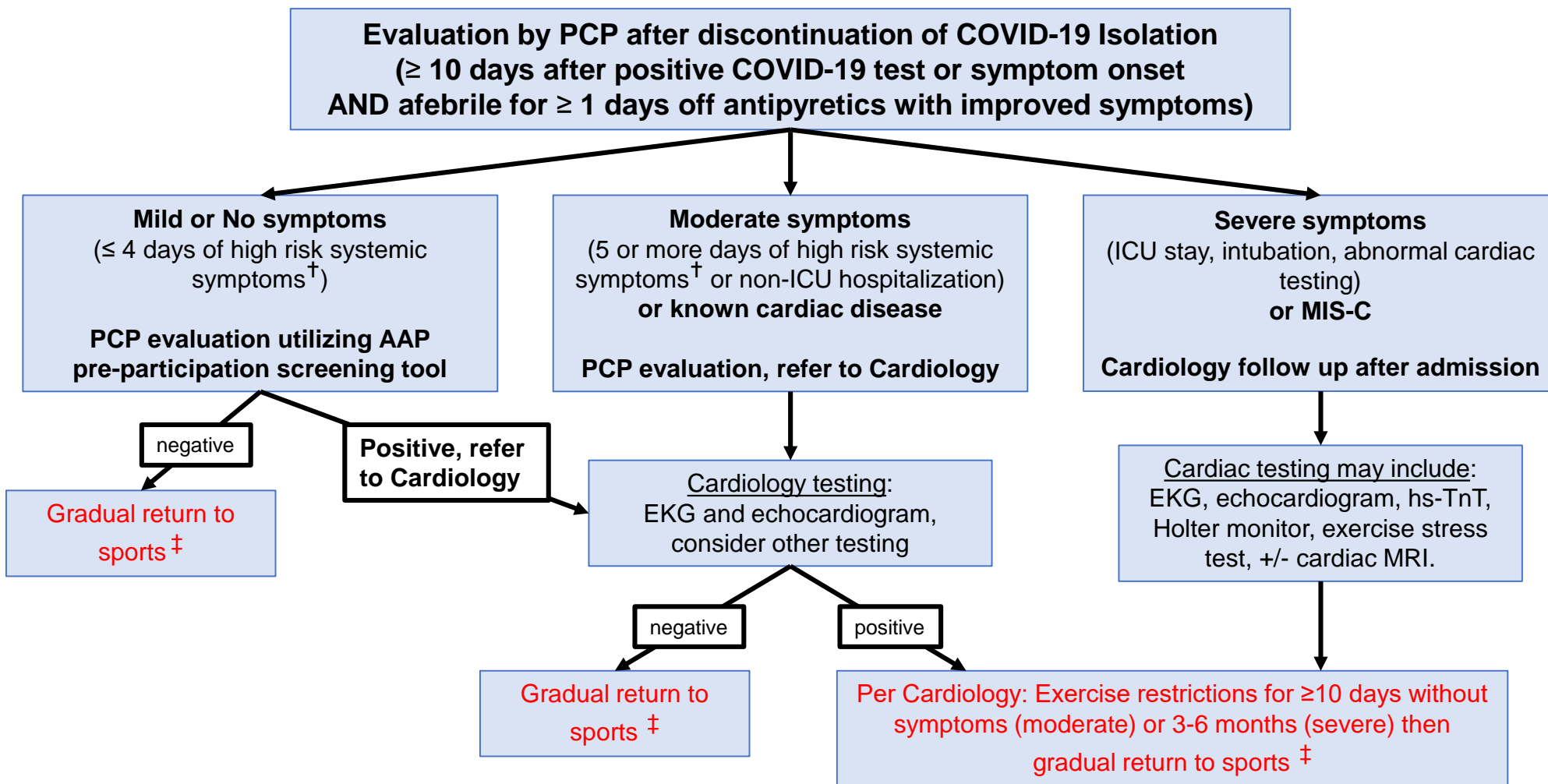


# Return to Play Related to COVID-19 Infection in Pediatric Patients (K-12)\*

This document contains interim suggested guidance based on current information available to inform assessment and risk stratification for release to participation in physical education, sports and moderate to vigorous play for pediatric patients.

Note, patients with close contact exposure to COVID-19 are restricted from participation for  $\geq 14$  days (same duration as quarantine).



\* Published by UR GCH COVID Pediatric RTP Workgroup on 12/15/2020 using the AAP Updated Guidance on Returning to Sports Activities: <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

† High risk systemic symptoms are: fever  $>100.4$ , myalgia, chills, or profound lethargy

‡ Gradual return to sports can begin immediately (Mild or No symptoms) or  $\geq 10$  days after the end of symptoms and should be over at least 7 days with no return of symptoms. An AAP-suggested protocol is on the attached page.

# Assessment/Release for Return to Play

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Patient: School:

DOB: Sport:

PCP:

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Date of onset of COVID symptoms:

Date of COVID positive test:

Date of resolution of COVID symptoms:

Symptoms longer than 4 days?: N  Y

Hospitalization due to COVID symptoms?: N  Y

H/o cardiac abnormalities followed by cardiology?: N  Y

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## Recent symptoms:

Chest pain at rest or with exertion? (not musculoskeletal or costochondritis): N  Y

Shortness of breath with minimal activity? (unrelated to respiratory symptoms): N  Y

Excessive fatigue with exertion?: N  Y

Abnormal heartbeat or palpitations?: N  Y

Syncope or near-syncope?: N  Y

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Normal cardiovascular exam?: Y  N

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Cardiology referral indicated?: N  Y

Cleared for gradual return to sports?: Y  N

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Signature:

Printed Name:

Date:

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## Suggested gradual return to sports progression\*

(adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020):

Stage 1: 2 days minimum, ≤ 15 minutes, light activity (walking, jogging, stationary bike), no resistance training.

Stage 2: 1 day minimum, ≤ 30 minutes, add simple movement activities (eg. running drills).

Stage 3: 1 day minimum, ≤ 45 minutes, progress to more complex training, may add light resistance training.

Stage 4: 2 days minimum, 60 minutes, normal training activity.

\*Patient should be symptom free before progressing to next stage.