



BETHLEHEM CENTRAL SCHOOL DISTRICT

INTERSCHOLASTIC ATHLETICS COVID-19 RETURN TO PLAY FORM

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

STUDENT NAME _____ DOB _____ DATE OF POSITIVE COVID TEST _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

DATE OF EVALUATION _____

- Asymptomatic for 14 days or more
- Fever for less than four (4) days during COVID-19 illness
- Athlete was not hospitalized due to COVID-19 infection
- Negative cardiac screen

- Chest pain with exertion Yes No
- Syncope/near syncope Yes No
- Shortness of breath/fatigue Yes No
- Palpitations Yes No

NOTE: If any cardiac screening question is positive or if athlete was hospitalized, consider further workup as indicated. May include CXR, Spirometry, PFTs, Chest CT, Cardiology Consult.

- Athlete HAS satisfied the above criteria and IS cleared to start the return to activity progression (see below)
- Athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

MEDICAL OFFICE INFORMATION (PLEASE PRINT/STAMP)

EVALUATOR NAME _____ OFFICE PHONE _____

EVALUATOR ADDRESS _____

EVALUATOR SIGNATURE _____

RETURN TO PLAY (RTP) PROCEDURES AFTER COVID-19 INFECTION

- ▶ **STAGE 1:** Day 1 and Day 2 - (2 days minimum) Light activity (walking, jogging, stationary bike) for 15 minutes or less at intensity no greater than 70% maximum heart rate. NO resistance training.
- ▶ **STAGE 2:** Day 3 - (1 day minimum) Add simple movement activities (running drills) for 30 minutes or less at intensity no greater than 80% maximum heart rate.
- ▶ **STAGE 3:** Day 4 - (1 day minimum) Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate.
- ▶ **STAGE 4:** Day 5 and Day 6 - (2 days minimum) Normal training activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.
- ▶ **STAGE 5: Day 7 - Return to full activity/participation (contests/competitions)**

CLEARED FOR FULL ACTIVITY BY SCHOOL PERSONNEL (BASED ON RTP STRATEGIES) _____ DATE _____