



**BETHLEHEM CENTRAL SCHOOL DISTRICT**

**COVID-19 RETURN-TO-PLAY FORM FOR ATHLETES**

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 10 days or more or 10 days from the date of the positive test if the student was completely asymptomatic.
- 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 either:
  - 1. Is CLEARED to return to all activities immediately OR
  - 2. May begin the return to play procedures (RTP progression is outlined below. The student's HCP will determine if RTP progression is to be followed.)
- Athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

**MEDICAL OFFICE INFORMATION (PLEASE PRINT/STAMP)**

EVALUATOR NAME \_\_\_\_\_

EVALUATOR ADDRESS \_\_\_\_\_

EVALUATOR SIGNATURE \_\_\_\_\_

OFFICE PHONE \_\_\_\_\_

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

Return-to-Play may be required for athletes ages 12 and older

- ▶ **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)**

*The child's physician may request a gradual return to physical activity regardless of the severity of child's COVID-19 illness*

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