

North Colonie COVID-19 Return to Play Form

If an athlete has tested positive for COVID-19, he/she must be cleared by their physician to return to activity OR for progression (RTP) back to activity by an approved health care provider.

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)

- 14 days asymptomatic (No fever \geq 100.0 F for 24 hours without fever reducing medication and improvement of symptoms: cough, shortness of breath)
- Athlete was not hospitalized due to COVID-19 infection
- Cardiac screen negative (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.

- Athlete **HAS** satisfied the above criteria and **IS** cleared to return to full activity by their health care provider.

OR

- Athlete **HAS** satisfied the above criteria and **IS** cleared to start the return to activity after successful completion of the full RTP progression. (See page 2)

OR

- 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: _____

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See page 2 for Covid RTP progression

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

Athletes must be asymptomatic for 14 days. 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.

- **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% of 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% of 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 Stages): _____ Date: _____

Revised (July 2021)