

## COVID-19 Return to Play Protocol 2022

### Update Effective 7/18/22

1. COVID-19 Testing, Quarantine, and return to school as a "student" will be deferred to each individual school/school district, or college/university.
2. Student athletes are cleared to return to athletics and being the graduated return to play on the same day that they are cleared to return to the classroom as a student. Athletes must be asymptomatic for return to sport.
3. Athletes will need to provide ATC with a form completed by primary care provider/licensed health care provider (LHCP) noting their clearance for return to athletics if they had a moderate or severe cases of COVID-19. Return to play clearance will not be required for mild cases. Refer to **Table 1** for COVID-19 severity scale.
4. Athletes that were positive for COVID-19 and were asymptomatic, had mild or moderate illness, will need to complete 1-day return to play protocol supervised by ATC. ATC will monitor athlete in one full practice and then grant clearance for full return to sport providing no challenges/new symptoms are detected during monitored activity.
5. Athletes that were positive for COVID-19 and had severe illness will need to complete a more extensive GRTPP supervised by ATC. Refer to **Table 2** for GRTPP. Alternatively, if a specific return to play progression is provided by cardiology, ATC will progress the athlete per their guidelines.
6. For athletes that contracted COVID-19 over off season and required hospital admission will need to provide form of clearance from their primary medical provider and then completed a GRTPP.
7. If at any point during GRTPP or after completion of GRTPP and during participating in full unrestricted athletics activities the athletes develop new cardiac or respiratory symptoms. They are to stop all activities and get further workup by specialists.

Table 1.

**COVID-19 Severity Scale**

	<b>Asymptomatic</b>	<b>Mild illness</b>	<b>Moderated illness Or Cardiopulmonary Symptoms</b>	<b>Sever illness</b>
	No symptoms	Common cold-like symptoms [without fever], GI symptoms, or loss of taste/smell	(≥ 2 days of fever, chills, or flu-like symptoms; or chest pain, SOB, or palpitations)	Required hospitalizations

Table 2 .

**Graduated Return to Play Protocol**

	Day 1-2	Day 3	Day 4	Day 5	Day 6
Activity Description	Light Activity	Frequency of Training Increases	Duration of Training Increases	Intensity of Training Increases	Resume Normal Training Progression
Exercise Allowance	Walking, Light Jogging, Stationary Bicycling	Simple Movements Activities (e.g Running Drills)	Progression To More Complex Training Activities	Normal Training Activities	Resume Normal Training
% Heart Rate Max	<70%	<80%	<80%	<80%	Resume Normal Training
Duration	<15 min	< 30 min	< 45 min	<60 min	Resume Normal Training
Objective	Increase Heart Rate	Increase load gradually, Manage Any Post Viral Fatigue Symptoms	Exercise, Coordination, And Skills/Tactics	Restore Confidence, And Assess Functional Skills	Resume Normal Training
Monitoring	Subjective Symptoms, Resting Heart Rate, RPE	Subjective symptoms, resting heart rate, RPE	Subjective symptoms, resting heart rate, RPE	Subjective symptoms, resting heart rate, RPE	Subjective symptoms, resting heart rate, RPE

Acronyms: RPE (rated perceived exertion scale)