



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 may be evaluated in person or via telemedicine. Student with moderate to severe illness must be evaluated in person.

STUDENT NAME _____ DOB _____ DATE OF POSITIVE COVID TEST _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

DATE OF EVALUATION _____ In-Person Visit Telemed Visit

- Asymptomatic for 2 days
- Fever for less than four (4) days during COVID-19 illness
- Athlete was not hospitalized due to COVID-19 infection
- Negative cardiac screen

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.

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

- 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 and the district's medical director 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 _____

SIGNATURE OF PARENT OR GUARDIAN _____

Athletes and parents should be encouraged to monitor for onset of exercise related chest pain, shortness of breath, palpitations or syncope. These symptoms are indications for stopping physical activity immediately and seeking medical evaluation.

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