**MSHSAA**

**Returning to Play Post COVID-19 Infection**

1. Athlete with COVID-19 Positive Test within the last 6 months

   Minimum of 14 days have passed since symptoms first appeared without participation in sports or any exercise —AND—
   Symptoms have resolved or was asymptomatic, no fever (≥100.4°F) for 24 hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath)

   Medical evaluation by primary care clinician
   Screening questions to assess for concerning symptoms of myocarditis or myocardia ischemia

2. Positive Screen questions or previously hospitalized patient

3. **Return to Play**
   Gradual reintroduction of physical activity with understanding athlete is likely deconditioned after 2 weeks off while monitoring for any signs of respiratory or cardiac symptoms that may develop with exercise

   ***Return to Play***

   Upon completion of Return to Play Form — Resume participation

   Further work-up as indicated by primary care clinician (i.e. Chest X-ray, Spirometry, PFTs, Chest CT, Cardiology Consult)

   Worsening or ongoing concerning symptoms, (chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope)

   Exercise related symptoms after 4-6 weeks after returning to play

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