MSHSA - COVID-19 RETURN TO PLAY FLOWCHART

ATHLETE WITH COVID-19 POSITIVE TEST WITHIN THE LAST 2 MONTHS

Remains Asymptomatic

Athlete had Mild* symptoms but has been without fever for 24 hours and all other symptoms improving.

At least 5 days from start of symptoms OR at least 5 days from positive test but was without symptoms - AND - Medical Screening** by an MD/DO/PAC/ARNPR OR Athletic Trainer***

Positive Screen questions or patient with > mild symptoms

Further work-up as indicated by primary care clinician

Worsening or ongoing concerning symptoms, (chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope, excessive fatigue) - OR - Exercise related symptoms after returning to play

***Gradual Return to Play***
Gradual reintroduction of physical activity earliest by day 6
Athlete must wear mask days 6-10 when in close proximity to others

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

Day 1:
Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.

Day 2:
Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate

Day 3:
Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.

Day 4:
Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate

Day 5:
Return to full activity

Remains Asymptomatic

*Mild Symptoms: <4 days of fever >100.4°F, <1 week of myalgia, chills or lethargy

**Adapted from the American Heart Association Pre-Screening of Competitive Athlete Recommendations
• Chest pain/tightness with exercise
• Syncope/near syncope that is unexplained
• Unexplained or excessive shortness of breath with exertion
• New Palpitations
• Persistent fatigue

***Medical providers should take into consideration the intensity level of sport participation and exercise to help guide their decision to pursue additional evaluation.

- OR -

Exercise related symptoms after returning to play

- OR -

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