

ASSESSMENT/RELEASE FOR RETURN TO PLAY

Patient:

School:

DOB:

Sport:

Primary Care Physician:

Date of onset of COVID symptoms:

Date of COVID Positive test:

Date of Resolution of COVID symptoms:

Symptoms longer than 4 days?: N Y

Hospitalization due to COVID symptoms?: N Y

H/O Cardiac abnormalities followed by cardiology?: N Y

Recent symptoms:

Chest pain at rest or with exertion? (not musculoskeletal or costochondritis): N Y

Shortness of breath with minimal activity? (unrelated to respiratory symptoms): N Y

Excessive fatigue with exertion?: N Y

Abnormal heartbeat or palpitations?: N Y

Syncope or near-syncope?: N Y

Normal cardiovascular exam?: N Y

Cardiology referral indicated?: N Y

Cleared for gradual return to sports?: N Y

Printed Name: _____ Signature: _____ Date: _____

Suggested gradual return to sports progression*

(adopted from Elliott N, al, infographic, British Journal of Sports Medicine, 2020)

Stage 1: 2 days minimum, ≤ 15 minutes, light activity (walking, jogging, stationary bike), no resistance training.

Stage 2: 1 day minimum, ≤ 30 minutes, add simple movement activities (e.g. running drills).

Stage 3: 1 day minimum, ≤ 45 minutes, progress to more complex training, may add light resistance training.

Stage 4: 2 days minimum, 60 minutes, normal training activity.

*Patient should be symptom free before progressing to next stage.