

# Return to Play for High School Athletes Following COVID-19 Infection

## Considerations:

- The proposed clinical shared baseline is based on very limited data regarding the risk of persistent myocardial inflammation following COVID-19 infection. Evidence based recommendations may change as more data emerge.
- The proposed clinical shared baseline applies to high school athletes.
  - College athletes and individuals >17 years old should consider evaluation according to adult sports medicine/cardiology guidelines
  - Multisystem Inflammatory Syndrome in Children (MIS-C) may occur 3-4 weeks following COVID-19 infection. Based on early reporting, >80% of MIS-C cases are in individuals <15 years old. Cardiovascular collapse may be acute and profound with MIS-C
  - The proposed clinical shared baseline does NOT apply to return to play following MIS-C infections
- Restrictions based on myocarditis guidelines (which includes 3-6 month restriction from activity and competitive play, with advanced imaging and additional testing prior to return to play) should be done with cardiology consultation

**ALL ATHLETES WITH SUSPECTED OR PROVEN COVID INFECTION NEED TO CONTACT THEIR PRIMARY CARE PROVIDER FOR CLEARANCE TO RETURN TO PLAY**

## Asymptomatic COVID+

## Symptomatic COVID Infection

