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+
- Rest with no exercise for 2 weeks from positive test result
  - Consider ECG
    - Normal
      - Respiratory or cardiac symptoms develop with exercise
        - Yes
          - Rest with no exercise for 2 weeks from positive test result
        - No
          - Slow resumption of activity with cessation of activity and additional evaluation if develop any symptoms with activity
    - Abnormal
      - Consider Cardiology Referral

### Symptomatic COVID Infection
- Mild to Moderate Symptoms (but not hospitalized)
  - Rest with no exercise for 2 weeks from resolution of symptoms
  - Consider ECG
    - Normal
      - Discuss lab work-up and imaging with cardiology during the hospitalization; follow-up and additional testing and duration of restrictions per consultation with cardiology
    - Abnormal
      - Troponin Echo

- Severe Illness (Hospitalized)
  - Consider Cardiology Referral
    - ECG
      - Troponin
      - Echo
    - Normal
      - Additional Considerations: Advanced imaging, exercise stress test and potential 3-6 month restriction per cardiology, but should be considered in the setting of any evidence of myocardial inflammation