RETURN TO SPORT IN THE TIME OF COVID-19

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MY DISCLOSURE

• Neither I, Michele LaBotz, nor any family member(s), have any relevant financial relationships to be discussed, directly or indirectly, referred to or illustrated with or without recognition within the presentation
Return at community/program level

Return of individual athlete

INCOMPLETE INFORMATION
HIGH SCHOOL SPORTS

• National Federation of State High School Associations (NFHS)
  • Maine Principals’ Association (MPA)
    • Advisory regarding “best principles”
    • Each school district/unit makes own decisions

RETURN TO HIGH SCHOOL SPORTS

• Consensus between
  • Maine Principals’ Association
  • Maine School Superintendents Association
  • DHHS/Mills administration

• Assure consistency between scholastic sports and recommendations from Maine’s Dept. of Economic and Community Development
  • General guidance for community sports activities
  • Fall 2020: no high school football or volleyball
YOUTH SPORTS

• Typically
  • Youngest athletes
  • Fewest resources
  • Variable oversight
  • Lowest level of coach training

REQUIREMENTS FOR RETURN TO SPORT

• Community factors
  • COVID prevalence
  • COVID burden
  • COVID-related resources

• Program resources
  • Compliance with CDC recommendations
    • Cleaning supplies
    • Adequate space for distancing
  • Capacity to enforce “best practices”
    • Particularly behavior related
ASSESSING COVID-RELATED RISK

• Sport type
  • Physical proximity
    • During participation
    • On sideline (i.e. “dugouts”)
  • Shared equipment
    • Balls/bats
    • Mats
    • Protective gear
  • Team size
ASSESSING COVID-RELATED RISK

• Player characteristics
  • Age
  • Players/family members at higher risk for severe illness
• Non-essential personnel
• Travel
• Program resources
LETTER FROM COACHES

Youth sport administrators and coaches can customize the letter below to help communicate with parents about steps the league or team is taking to protect athletes and families.

Click the text highlighted in [YELLOW] to tailor your messaging. The header and footer can also be customized by double-clicking in and changing shape colors. Right click on the logo and select ‘change picture’ to replace the placeholder with your logo.

---DELETE THIS LINE WHEN READY TO PROCEED---

Dear Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this year’s athletic season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume youth sports while following CDC considerations to protect players, families, and our community.

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. We are:

- Intensifying cleaning, disinfection, and ventilation within our facilities and premises by [insert examples, such as cleaning and disinfecting frequently touched surfaces on the field, court, or play surface at least daily or between use as feasible, clearing and disinfecting shared objects and equipment between use, and ensuring safe and correct use and storage of disinfectants].

PROMOTE BEHAVIORS THAT REDUCE SPREAD

• Know when to stay home
• Hand hygiene
  • Adequate supplies
• Signs and messaging
  • In high traffic areas
  • PA announcements

MAINTAIN HEALTHY ENVIRONMENTS

• Minimize shared objects and shared spaces
  • Adequate supplies of balls/other equipment
  • Avoid use of locker rooms
  • Separate belongings
• Clean and disinfect
  • Adult oversight
  • Schedule for routine cleaning and disinfection
MAINTAIN HEALTHY OPERATIONS

• Cohorting during practice and competition
  • Staggered scheduling
  • Community and geography
• Train
  • Coaches/staff
  • Athletes/families
• Clearly stated “sick plan”
• Always consistent with local regulations

MAINTAIN HEALTHY ENVIRONMENTS

• Enable social distancing
  • Identify adults for enforcement
• Structure facilities and protocol
  • Physical markers/barriers
  • Individual skills and drills
• Outdoor > Indoor
• Discourage unnecessary physical contact
  • No huddles
STAY SAFE ON AND OFF THE FIELD

- Stay home if you are sick.
- Bring your own equipment and gear (if possible).
- Cover your coughs and sneezes with a tissue or your elbow.
- Wash your hands or use sanitizer before and after events and sharing equipment.
- Tell a coach or staff member if you don’t feel well.

MASK USE

- Indoor activity
  - By anyone not actively participating

Most important when distancing difficult

BUT

NOT recommended during intense activity
RULES VERSUS REALITY

INDIVIDUAL RETURN
GENERAL MPA PPE RECOMMENDATIONS

- For 2020-1 preparticipation evaluation (i.e. the “other PPE”) recommendations include a complete PPE history and examination for
  - Athletes who have not previously competed at the high school level
  - Ongoing medical conditions
  - COVID-19 infection

SHOULD YOUR ATHLETE RETURN TO SPORT?

- Consider individual risk profile
  - Family members/other contacts "at risk" for poor COVID-related outcomes
  - Individual comorbidities

<table>
<thead>
<tr>
<th>Common issues with significant increased risk</th>
<th>No or minimal increased risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>-Moderate or severe asthma</td>
<td>-Mild asthma</td>
</tr>
<tr>
<td>-Diabetes</td>
<td>-Sickle cell trait (theoretic concern about possible hypercoagulability)</td>
</tr>
<tr>
<td>-Obesity, esp. BMI &gt; 30 (however, BMI is less accurate as an obesity indicator in athletic populations)</td>
<td>-Hypertension</td>
</tr>
</tbody>
</table>


RETURN TO SPORT AFTER COVID-19 INFECTION

- Current concern focused on post-infection myocarditis
  - Ohio State University athletes
    - Selected 26 athletes post-COVID recovery
      - 14 were asymptomatic COVID-19 infections
      - 4 of 26 met at least 2 criteria for myocarditis by cardiac MR imaging
       - 2 had related symptoms/2 were asymptomatic
       - 8 additional athletes had evidence of cardiac strain
  - Recovered adults in German cohort 2-3 months s/p symptoms
    - 78% with myocardial injury
    - 60% with ongoing myocardial inflammation

Puntmann VO, Carerj ML, Wieters I, et al. Outcomes of Cardiovascular Magnetic Resonance Imaging in Patients Recently Recovered From Coronavirus Disease 2019. JAMA Cardiol. Published online July 27, 2020
RETURN TO SPORT AFTER COVID-19

• Necessary steps depends upon severity of illness
  • Severe infection/Multisystem Inflammatory Syndrome in Children (MIS-C)
  • Moderate infection
  • Mild infection
  • Asymptomatic infection
• Higher risk for sequela
  • Children participating in higher intensity activity
  • Children >12 years of age

INFORMATION SOURCES

• Multiple national level guidance documents
  • American College of Cardiology (July 2020)
  • American Medical Society for Sports Medicine and National Federation of State High School Associations (August 2020)
  • American Academy of Pediatrics (September 2020)
• Assimilated into an ongoing algorithm for Maine providers
  • Considers local prevalence patterns and cardiac resources throughout state
  • Local expertise (T. Miller DO)
RETURN TO SPORT: ACTIVITY PROGRESSION

- 7 days of progressive activity.

Example from Missouri High School Athletic Association:

- **Stage 1: (2 Days Minimum)** Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate (able to sustain comfortable conversation). No resistance training.
- **Stage 2: (1 Day Minimum)** Add simple movement activities (e.g., running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate.
- **Stage 3: (1 Day Minimum)** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Stage 4: (2 Days Minimum)** Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.
- **Stage 5: Return to full activity**
TAKE HOME

• Sports CAN be played safely during the pandemic
  • But, there is a spectrum of risk
• “Reality” rather than “rules” determines risk
• Gray zone regarding mask using during high intensity contact activity
• Link to MPA recommendations and PPE forms are on the MAAP website
• Access Maine algorithm for return to play decision-making for patients s/p COVID-19 infection

THANK YOU

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