

Gradual Return to Activity Protocol after COVID-19 Infection

For use in children 12 years and older, children less than 12 years old may return to physical activity as tolerated

(The following progression was adapted from Elliott N, et al, infographic, *British Journal of Sports Medicine*, 2020)

Stage 1: Day 1 and Day 2 (2 Days Minimum) – 15 minutes or less: Light activity (walking, jogging, stationary bike) – intensity no greater than 70% of maximum heart rate.* NO resistance training.

Stage 2: Day 3 – (1 Day Minimum) – 30 minutes or less- Add simple movement activities (e.g. running drills) – intensity no greater than 80% of maximum heart rate.*

Stage 3: Day 4 – (1 Day Minimum) – 45 minutes or less- Progress to more complex training – intensity no greater than 80% of maximum heart rate.* May add light resistance training.

Stage 4: Day 5 and Day 6 – (2 Days Minimum) – 60 minutes- Normal training activity- intensity no greater than 80% of maximum heart rate.*

Stage 5: Day 7- Return to full activity/participation (i.e. Contests/competitions)

If COVID-19-related symptoms develop with the resumption of activity at any time, including up to 4 weeks after infection (i.e. shortness of breath, chest pressure/pain, dyspnea, exercise intolerance, dizziness, syncope or palpitations), discontinue physical exertion, and advise family to contact their healthcare provider. Provider clearance will be needed before return to activity.

****Note: For younger children and those not able to track heart rate, follow the time limits as above and recommend the child should be able to talk during exercise (ie – not significantly out of breath) in stages 1-3.***