

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

