**A picture containing text, clipart

Description automatically generatedPediatric Clearance to Begin Return to Activity following COVID-19 Infection**

Student Name: DOB:

Date of symptom onset: \_\_\_\_\_\_\_ Date of COVID-19 test or diagnosis: \_\_\_

Date of Resolution of symptoms: (based on student/parent report)

Self-isolation end date (can return to school):

Date of next follow up visit with PCP (if indicated):

* **Asymptomatic and Positive COVID- 19**:
  + Patient has self-isolated 5 or more days since the positive test.
  + May start Gradual Return to Activity progression\* on this date: \_\_\_\_\_\_\_\_\_\_\_\_
* **Mild Symptoms and Positive COVID-19:** *Mild symptoms at this time include: Fever higher than 100.4 F for less than 4 days, < 1 week myalgias, chills or lethargy*
  + Patient must self-isolate for at least 5 days after symptom onset and be symptom free (aside from loss of taste or smell) for at least 24 hours before being cleared to start Gradual Return to Activity progression.
  + May start Gradual Return to Activity progression\* on this date: \_\_\_\_\_\_\_\_\_\_\_\_
* **Moderate Symptoms and Positive COVID-19:** *Moderate symptoms at this time include: Fever higher than 100.4F for greater than 4 days, ≥ 1 week myalgias, chills or lethargy, or non-ICU hospital stay and no signs of MIS-C*
  + Patient has been evaluated by their physician and completed any workup indicated.
  + Patient must be at least 10 days from positive test and symptom free (aside from loss of taste or smell) for at least 24 hours before being cleared to start Gradual Return to Activity progression.
  + May start Gradual Return to Activity progression\* on this date: \_\_\_\_\_\_\_\_\_\_\_\_
* **Severe Symptoms and Positive COVID-19/Hospitalized or MIS-C**: Patient will require Cardiology clearance to start Gradual Return to Activity progression\* at least 3-6 months after infection.
* **Remote history of COVID**-**19 infection AND currently asymptomatic after return to sport**
  + Patient is fully cleared for continued participation as long as remains asymptomatic

**All athletes who have been cleared for return to sport must continue to wear a well-fitting mask FULL-TIME when around others, including during exercise, until 10 days after positive test or symptom onset.**

**Return of symptoms during Graduated Return to Activity requires patient to contact our office**

Please contact our office if you have any further questions or require further clarification.

Provider Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Provider Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Graduated Return to Activity progression is intended for 12 years old and up. Children <12 may return to physical activity as tolerated.

RETURN TO PLAY PROGRESSION

All **children younger than 12 years** with COVID-19 may progress back to sports/physical education classes according to their own tolerance once isolation and clearance have been completed. A face mask should be worn for ALL physical activity, including games or scrimmages, until 10 full days from positive test or symptom onset have passed.

Individuals who are **12 years and older** should perform the following progression once isolation is completed and physician clearance has been obtained if indicated:

* **Asymptomatic/mild symptoms:** Minimum 1 day symptom free (excluding loss of taste/smell), 2 days of increase in physical activity (ie, one light practice, one normal practice), no games before day 3. A face mask should be worn for ALL physical activity, including games or scrimmages, until 10 full days from positive test or symptom onset have passed.
* **Moderate symptoms:** Minimum 1 day symptom free (excluding loss of taste/smell), and a minimum of 4 days of gradual increase in physical activity (one light cardio workout on own, two light practices, one full practice), no games before day 5. A face mask should be worn for ALL physical activity, including games or scrimmages, until 10 full days from positive test or symptom onset have passed.

All children and adolescents and their parents/caregivers should monitor for **chest pain, shortness of breath out of proportion for upper respiratory tract infection, new-onset palpitations (racing/fast/intense heartbeat), or syncope** (passing out or fainting) when returning to exercise. If any of these signs and/or symptoms occur, the AAP (American Academy of Pediatrics) recommends immediately stopping exercise and contacting a primary care provider to determine next steps.