

The recent changes in CDC isolation/quarantine recommendations are based on infection control, not on risks to individual athletes. Please be aware that these recommendations are interim guidance and based upon expert opinion as the data regarding safety is lacking. They will continue to be updated as evidence emerges.

1. We recommend that health care providers in Maine continue to follow the general algorithm from the AAP regarding return to competitive/organized sport as outlined here: <https://downloads.aap.org/AAP/PDF/RTP%20algorithm%2012-1.pdf>
2. For mildly symptomatic and asymptomatic individuals, we recommend no structured exercise during the CDC-recommended isolation period of 5 days after positive test or symptom onset followed by 5 additional days wearing a well-fitting mask FULL-TIME. If any symptoms return after exiting isolation, the individual must return to isolation to complete until 10 days.
3. For patients with moderate COVID symptoms, we currently recommend adhering to a 10 day period of rest after positive test or symptom onset and consultation with primary care provider.
4. Children and adolescents ≥ 12 years of age, may begin progressing through the graduated return to activity protocol (found on the above link) after the recommended isolation or rest period, and once systemic symptoms have resolved and patients remain afebrile for at least 24 hours off fever-reducing medication. Children < 12 years of age may return to activity as tolerated after this period.
 - a. If cleared to start return to activity progression before 10 days, masks must be worn FULL-TIME UNTIL 10 days from a positive test or symptom onset in all public settings, or when in close proximity to others. Given the increased particle dispersion that occurs with exercise, this is particularly important during training and sport participation.
5. Monitor for symptoms during return to activity progression: Onset of any symptoms potentially indicative of cardiac dysfunction (e.g. chest pain, disproportionate shortness of breath, new-onset-palpitations, syncope) warrants immediate cessation of physical activity and notification of their health care provider.
6. At this time, vaccination status does not affect return to play protocols.