

FREEHOLD TOWNSHIP
SPORTS SEASON 2021-2022
COVID-19 Return to Sports Clearance Form

A student athlete that has **tested positive** for COVID-19 must be cleared by their healthcare provider to progress back into physical activity. This form must be submitted to the school nurse and school physician for final approval.

Athlete's Name: _____ Date of Positive COVID-19 test: _____

Criteria for return (Please check all that apply):

___ 5 days have passed since onset of symptoms
___ Symptoms have resolved (**NO fever/Symptoms** for 24hrs without the use of fever reducing medication)

Cardiac Screening - Is the athlete experiencing ANY of the following?:

Was the athlete hospitalized due to COVID-19 infection?	Y	N
Chest pain/tightness with exertion	Y	N
Unexplained syncope/near syncope	Y	N
Unexplained/excessive fatigue w exertion	Y	N
Heart palpitations (new)	Y	N
Heart murmur on exam (new)	Y	N

___ Athlete **HAS satisfied** the above criteria and **IS CLEARED** for physical activity
___ Athlete **HAS NOT satisfied** the above criteria and **IS NOT CLEARED** for physical activity

MEDICAL OFFICE INFORMATION (Original Signature and Office Stamp Required):

Physician's Name: _____ Physician's Signature: _____ Date: _____

Office Stamp / Address / Phone:

Returning to sports after COVID-19 infection

Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. Those who are asymptomatic or have mild symptoms should not exercise until cleared by a physician. Physicians should perform a complete physical exam and review their local 14-point pre-participation screening evaluation with special emphasis on cardiac symptoms, including chest pain, shortness of breath out of proportion for upper respiratory tract infection, new-onset palpitations or syncope. If results are normal, patients can gradually return to sports after 10 days from their positive test result and at least 24 hours symptom-free without fever-reducing medications. If exam findings are concerning, the patient will need an electrocardiogram (ECG) and evaluation by a pediatric cardiologist.

Youths with moderate symptoms or who had a non-intensive care unit hospital stay should have an ECG and a cardiology consult with additional testing. If the cardiac workup is negative, the athlete may gradually return to physical activity after 10 days from the positive test result and at least 10 days after symptoms have resolved off fever-reducing medication. Youths who have had severe COVID-19 or multisystem inflammatory syndrome in children should be restricted from exercise for three to six months and require extensive cardiac testing and cardiology clearance to return. Once a physician clears an athlete in any of the above categories to return, the AAP recommends doing so gradually. Its guidance lays out five stages starting with 15 minutes or less of light activity the first two days and working up to a full return on day 7.

Source: <https://www.aappublications.org/news/2020/12/04/sportsguidance120420>