

- Student-athletes who test positive should isolate for 5 days, from school and athletics, with the day of the positive test or symptom onset being Day 0. After the 5 day isolation period, students and staff are allowed to return to school if they have been fever free for 24 hours. It is still mandatory to wear a mask from day 6-10 when returning to school after a positive Covid case.
- Student-athletes may begin the return to play process on day 6 and **must** remain masked at all times through day 10 post positive. **Student-athletes who are unable to remain masked during participation in their sport will not be allowed to participate until after day 10.**
  - Asymptomatic and Mild cases may return on day 6 after completing the ["Returning to Athletics Following COVID"](#) form. This form must be returned to the athletic trainers for [evaluation](#).
  - Moderate and Severe cases must provide [written documentation of medical clearance](#) from their medical provider. This clearance must indicate the medical provider has knowledge of the positive test and the student is medically cleared for participation in athletics. **Student-athletes must follow up with the athletic trainers prior to returning to play.**
- Following evaluation from the athletic trainer, the student-athlete may begin the graduated return-to-play protocol. Return to play is individualized and may include some to all stages. **The minimum return to play is one (1) practice prior to returning to competition.**
  - **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 (eg. 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% maximum heart rate. May add light resistance training.
  - **Stage 4: Day 5 and Day 6** - 60 minutes -Normal training activity - intensity no greater than 80% maximum heart rate.
  - **Stage 5: Day 7** - Return to full activity/participation (i.e., - Contests/competitions).

