



*Updated 1/11/22

Coronavirus Return to Athletics Protocol

The Return to Play (RTP) Protocol is based on policies of the Ashland High School along with recommendations from the American Academy of Pediatrics and Journal of American Medical Association (Cardiology). The concern for young athletes who have contracted SAR-2-CoV coronavirus is the possibility of developing myocarditis, which is an inflammation of the heart muscle. As myocarditis is a leading cause of Sudden Cardiac Death in young athletes, extra precautions must be taken during the Return to Play after Covid-19 infection.

All student-athletes who have been infected with SARS-CoV-2, regardless of symptoms, require a minimum **5-day resting period** without exercise and must be completely asymptomatic before returning to exercise and/or competition. ***Additionally, they will need to be cleared for sports by their primary care physician (PCP) prior to beginning the RTP protocol.*** Any COVID-19-positive individual who has a history of or current cardiac symptoms/findings upon examination must have clearance by a cardiologist before returning to exercise and/or competition.

Ashland Athletics will be adhering to the following policy (Based on JAMA Cardiology & APS):

Covid-19 Negative and Asymptomatic:

- No limitations to exercise
- Follow social distancing guidelines
- Close monitoring for development of symptoms

Covid-19 Close Contact:

- Close monitoring for development of symptoms
- Recommended PCR test, five days post exposure (asymptomatic or symptomatic)
- ***Example:***
 - ***Potential Exposure on Jan. 1***
 - ***Day 1 post exposure is Jan. 2***
 - ***Day 5 post exposure is Jan. 6 - Recommended test day***

Ashland High School Sports Medicine

Aimee Mendoza, ATC



65 East Union St
Ashland, MA 01721
508-881-0177

Covid-19 Positive :

***MD Clearance for RTP/activity is required for participation**

- Rest and no activities for 5 days from positive test
- Close monitoring for symptom onset or late deterioration
- Begin return to play based on doctor's recommendation 5 days from positive test result and at least 24 hours symptom free off antipyretics (ex: Tylenol) under guidance of AT and MD
- Close monitoring of clinical deterioration

Covid-19 Positive and hospitalized:

- Students who are hospitalized and develop Multisystem Inflammatory Syndrome must be treated as though they have myocarditis and ***may not participate in sports for 3-6 months.***

***These athletes must be evaluated and cleared to resume sports by a pediatric cardiologist**

Return to Play (RTP) Procedures After COVID-19 Infection

Upon medical clearance by their primary physician and/or cardiologist, the student will commence with a graduated return to play outlined below. However, if a cardiologist has a specific return to play protocol, that may supersede the school return to play. School Athletic Trainer will supervise the Graduated Return to Play protocol.

***Updated (1/11/22): If the PCP note clearly states that the student is cleared for full participation in athletics effective immediately, they may bypass the gradual RTP process outlined below.**

- Minimum duration of the Graduated Return to Play is one week. **(5 school days).**
- Cardiac symptom screening along with Covid-19 symptom screening will be performed daily.
- The student will complete a gradual progression of sport specific skills and aerobic exercises over the course of no less than a week.
- During the exercising the following will be monitored.
 - Cardiac symptoms
 - Pulse and respiratory rate
 - Oxygenation
 - If "smart technology" is used, blood pressure and heart rhythm may also be monitored.
 - Any signs of cardiac symptoms will result in a termination of the Graduated Return to Play and warrant an evaluation by a pediatric cardiologist.

Ashland High School Sports Medicine

Aimee Mendoza, ATC



65 East Union St
Ashland, MA 01721
508-881-0177

Athletes must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, the patient should be referred back to the evaluating provider.

Stage 1	Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
Stage 2	Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate.
Stage 3	Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
Stage 4	Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
Stage 5	Return to full activity

**Cleared for Full Participation after completing RTP by Ashland Athletic Trainer
(Minimum 5 days spent on RTP):**

RTP Procedure adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.

UPDATED: 8/10/2020 8:45 A

A game plan for the Resumption of Sport and Exercise After Coronavirus Disease (Covid-19) Infection

[Click Here](#); [Click Here](#); [Click Here](#) JAMA Cardiol. 2020;5(10):1085-1086.

doi:10.1001/jamacardio.2020.2136

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

revised 1.11.22