

**GRADUATED RETURN TO PLAY CHECKLIST**  
**For Positive Case of Covid-19 (Updated 1/24/22)**



Name of Student Athlete \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 School \_\_\_\_\_ County of School \_\_\_\_\_  
 Date of Initial Symptoms \_\_\_\_\_ Covid-19 Positive? Yes \_\_\_ No \_\_\_ Date \_\_\_\_\_

**Criteria to return (Please check below as applicable):**

- Isolation period has been followed per local public health department guidelines.
- Symptom classification:
  - Asymptomatic/Mild Illness
    - Common cold-like symptoms, GI symptoms, or loss of taste/smell; generally, without fever or fever <2 days
    - No exercise for at least 3-5 days from symptom onset or positive test
    - **Consider Virtual Visit**
  - Moderate Illness
    - Fever >100.4°F, chills, flu-like syndrome for ≥2 days, or chest pain, dyspnea, palpitations
    - No exercise for at least 5-7 days from symptom onset; moderate symptoms should be resolved before starting an exercise progression.
    - **Medical evaluation in office** and consider ECG, Echo and Troponin before Graduated Return to Play Progression
  - Severe illness or Hospitalization
    - A **comprehensive medical evaluation and cardiology consultation** is recommended.
    - Consider ECG, Echo and Troponin. If abnormal, consider Cardiac MRI.
    - No exercise until evaluation is complete
- Cardiac screening for myocarditis/myocardial ischemia:
 

• Chest pain/tightness with exercise	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
• Unexplained Syncope/near syncope	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
• Unexplained/excessive dyspnea/fatigue w/exertion	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
• New palpitations	<input type="checkbox"/> YES	<input type="checkbox"/> NO	
• New heart murmur on exam	<input type="checkbox"/> YES	<input type="checkbox"/> NO	<input type="checkbox"/> Deferred (Virtual Visit)

**NOTE:** If any cardiac screening question is positive or if participant was hospitalized, consider further workup as indicated. May include ECG, cardiac biomarkers, Echocardiogram, CXR, PFT's, Chest CT, Cardiac MRI and/or cardiology consultation.

- Individual **HAS** satisfied the above criteria and **IS CLEARED** to complete the Graduated Return to Play Progression prior to full clearance.
- Individual **HAS** satisfied the above criteria and **IS CLEARED** to sport participation **WITHOUT** completing Graduated Return to Play Progression that is laid out as best practice from the American Academy of Pediatrics, American Medical Society for Sports Medicine, National Federation of High School Sports, and C.S. MOTT Children's Hospital/Children's Hospital of Michigan DMC.
- Individual **HAS NOT** satisfied the above criteria and **IS NOT** cleared to return to activity.

Provider Notes:

Provider Name \_\_\_\_\_ (MD, DO, PA, NP) Office Phone # \_\_\_\_\_

Provider Signature \_\_\_\_\_ Date of Exam \_\_\_\_\_

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**Graduated Return to Play (RTP) Progression After COVID-19 Infection**

In participants who have had COVID-19, the athlete should complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, or syncope. If these symptoms develop, the participant should be referred to the evaluating provider who signed the form.



Start Graduated Return to Play Progression (RTP) after:

- At least 3-5 days of rest from symptom onset or positive test.
- You must be symptom free and no fever (>100.4°F) for 24 hours without the aid of fever reducing medication.



Caution:

- If a step is difficult, but does not trigger “red flag” symptoms, notify your Certified Athletic Trainer (ATC) who will advise you of next steps.



**Stop and Seek Medical Attention** - If you develop the following “red flag” symptoms:

- Chest pain
- Chest tightness
- Shortness of breath out of proportion for you
- Feeling that your heart is racing or skipping a beat
- Lightheadedness, faint or about to faint.

**Graduated Return to Play Progression Steps**

	STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	STEP 6
Duration	Over 1-2 Days	At least 1 day	At least 1 day	Over 1-2 Days	At least 1 day	Fully return to sport
Type of activity	Light	Increase frequency	Increase duration and complexity	Increase intensity	Participate in usual sport-specific activities	
Exercises allowed	Walking, elliptical, stationary bike at low intensity <b>No weightlifting</b>	Jogging, running drills, jump rope, stationary bike at increased intensity	Sport-specific drills, more complex drills, <b>Light weightlifting can start</b>	Normal practice activities	Complete practice	
Time	15 minutes	30 minutes	45 minutes	60 minutes	Entire practice	
% Heart Rate Max	<70%	<80%	<80%	<80%		

Adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020

\*Note: Consider Steps 1, 2 and 3 under virtual consultation with schools Certified Athletic Trainer (ATC).

**The participant has completed the 6 Step RTP Progression under the supervision of school personnel**

**(i.e. ATC, Athletic Director): \_\_\_\_\_ Date \_\_\_\_\_**