

Return to Play Procedures after COVID-19 Infection

The following is to help athletes and coaches make a safe return to participation. Athletes who test positive must quarantine for their prescribed number of days and be released by a physician before returning to play.

All athletes should return to play gradually and should work with their physician to determine at what level. When possible, the progression should be done under supervision of an athletic trainer, school nurse, or other appropriate health care provider. If any symptoms develop during the athlete's return to play progression, they should stop activity and return to their physician for reassessment.

One example of a progression is:

- Stage 1: (2 Day Minimum) Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at a light intensity. No resistance training.
- Stage 2: (1 Day Minimum) Add simple movement activities (E.G. running drills) for 30 minutes or less at a moderate intensity.
- Stage 3: (1 Day Minimum) Progress to more complex training for 45 minutes or at a moderate intensity. May add light resistance training.
- Stage 4: (2 Day Minimum) Normal Training Activity for 60 minutes or at a moderate intensity progressing to high intensity.
- Stage 5: Return to full activity

*This is all at the discretion of the prescribing physician.

Cleared for full participation by Physician licensed to practice medicine in all its branches in Illinois (MD/DO), Advanced Practice Nurse (APN), or Physician Assistant (PA). A Certified Athletic Trainer (ATC) can oversee the return to play procedures after clearance from an MD/DO, APN, or PA:

(Name)

(Title)

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

Additional resources for providers:

[Coronavirus Disease 2019 and the Athletic Heart: Emerging Perspectives on Pathology, Risks, and Return to Play | Infectious Diseases | JAMA Cardiology | JAMA Network](#)

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>