



HORSEHEADS CENTRAL SCHOOL

Guthrie Sports Medicine MODERATE/SEVERE COVID-19 Return to Play Form

(Return this medical form to the Health Office)

If a student has tested positive and experienced a Moderate to Severe Case (See Definitions Below) of COVID-19, they should NOT exercise until they are cleared to return to physical activity by an approved health care provider. This form is needed for participation.

Student Name: _____

DOB: _____ Date of Positive Test: _____ Date of Evaluation: _____

This Return to Play is Based on Today's Evaluation.

Criteria to return (Please check below as applies to current patient status):

- 5 days have passed since time of diagnosis/onset of symptoms.
Student has had no fever (>100 F) off of fever lowering medication for at least 24 hours
Student presents negative cardiac screen for myocarditis/myocardial ischemia
Chest pain or tightness with exercise
Unexplained syncope/near syncope
Unexplained/excessive dyspnea/fatigue w/exertion
New palpitations
Heart murmur on exam

Note: If any cardiac abnormalities are noted on screening and physical, an EKG should be performed and patient should be referred to a Cardiologist for evaluation.

Medical Office Use Only:

Provider's Name: _____ Office Number: _____

Office address: _____

Physician must select appropriate determination*: Sport Played: _____ Level Played: _____

- Student < 12 years old had Moderate/Severe COVID and Gradual Return to Play Protocol IS required.
Student > 12 years old had Moderate/Severe COVID and Gradual Return to Play Protocol IS required.

Definitions (Per the American Pediatric Association):

Moderate Case = >= 4 days fever, >= 1 Week of High-Risk Symptoms (Fever > 100.4, Myalgia, Chills, Lethargy)
Severe Case = ICU Stay, Intubation, Abnormal Cardiac Testing or MIS-C

Provider's Signature: _____ Date: _____

Graduated Return to Play Protocol (Monitored by PE or Athletic Coach)

- Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less - Light activity (walking, jogging, stationary bike) NO resistance training.
Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less - Add simple movement activities (eg. running drills)
Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less - Progress to more complex training May add light resistance training.
Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes - Normal training activity
Stage 5: Day 7 - Return to full activity/participation (eg. contests or competitions)
If the student complains of any symptoms during the protocol, the protocol should be stopped, and the student should be referred back to their primary care provider. (From the American Academy of Pediatrics)

* Horseheads Central School District reserves the right to have the decision reviewed by the district Physician if necessary.