

## COVID-19 Return to Play Protocol 2021-2022

1. COVID-19 Testing, Quarantine, and return to school as a "student" will be deferred to each individual school/school district, or college/university.
2. Once the student athlete is cleared to return to school as a "student" then they can be considered for athletics and graduated return to play.
3. Athletes will need to provide ATC with a form completed by primary care provider noting their clearance for return to athletics.
4. Athletes that were positive for COVID-19 and were either asymptomatic or mild symptoms (did not require hospital admission for management/treatment) will need to complete 3 day graduated return to play protocol (GRTPP) supervised by ATC. Refer to **Table 1** for GRTPP.
5. Athletes that were positive for COVID-19 and were admitted to the hospital for management/treatment will need to complete a more extensive GRTPP supervised by ATC. Refer to **Table 2** for GRTPP.
6. For athletes that contracted COVID-19 over off season and required hospital admission will need to provide a form of clearance from their primary medical provider and then complete a GRTPP.
7. At any point during GRTPP or after completion of GRTPP and during participating in full unrestricted athletics activities the athletes develop new cardiac or respiratory symptoms. They are to stop all activities and get further workup by specialists.

8-15-21

**Table 1**

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>Activity description</b>	Light Activity	Moderate Activity	Resume Normal Training
<b>Exercise allowed</b>	Jogging, Stationary bicycle, Or Elliptical (No Resting Period)	Progress to Running Drills and Complex Training Activities	Resume Normal Training Drills And Progressions
<b>% Heart Rate Max</b>	<70%	<80%	Resume Normal Training
<b>Duration</b>	<20 min	<45 min	Attend Full Practice
<b>Objective</b>	Increase Heart Rate, Assess For Any Post-Viral Symptoms	Increase Load, Exercise Coordination, Skills, Gradually Manage Any Post-Viral Symptom Fatigue.	Resume Practice And Tolerate Practice
<b>Monitoring</b>	Subjective symptoms, resting heart rate, RPE	Subjective symptoms, resting heart rate, RPE	Subjective Symptoms, Resting Heart Rate, RPE

Acronyms: RPE (rated perceived exertion scale)

**Table 2**

	Day 1-2	Day 3	Day 4	Day 5	Day 6
Activity Description	Light Activity	Frequency of Training Increases	Duration of Training Increases	Intensity of Training Increases	Resume Normal Training Progression
Exercise Allowance	Walking, Light Jogging, Stationary Bicycling	Simple Movements Activities (e.g Running Drills)	Progression To More Complex Training Activities	Normal Training Activities	Resume Normal Training
% Heart Rate Max	<70%	<80%	<80%	<80%	Resume Normal Training
Duration	<15 min	< 30 min	< 45 min	<60 min	Resume Normal Training
Objective	Increase Heart Rate	Increase load gradually, Manage Any Post Viral Fatigue Symptoms	Exercise, Coordination, And Skills/Tactics	Restore Confidence, And Assess Functional Skills	Resume Normal Training
Monitoring	Subjective Symptoms, Resting Heart Rate, RPE	Subjective symptoms, resting heart rate, RPE	Subjective symptoms, resting heart rate, RPE	Subjective symptoms, resting heart rate, RPE	Subjective symptoms, resting heart rate, RPE

Acronyms: RPE (rated perceived exertion scale)