



BLUE HILLS

REGIONAL TECHNICAL SCHOOL

Blue Hills Regional Technical School Athletics 800 Randolph St Canton, MA 02021 781-828-5800 X-2210

If a Student-Athlete has tested positive for Covid-19 he/she must be cleared for progression back to activity by an approved healthcare provider (MD, DO, NP, PA-C).

Athlete' Name: _____ DOB: _____ Date of Test: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

TODAY'S DATE: _____

Criteria to return (Please check below as applies)

- 14 days have passed since onset of symptoms OR has been asymptomatic throughout 14 days of quarantine
 - Symptoms have resolved (No fever ($\geq 100.4F$) for 24 hours without fever reducing medication, improvement of symptoms (cough, shortness of breath)
 - Athlete was not hospitalized due to COVID-19 infection.
- Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no)
 - Chest Pain/Tightness with Exercise YES NO
 - Unexplained Syncope/Near Syncope/Dizziness YES NO
 - Unexplained/Excessive Dyspnea/Fatigue w/Exertion YES NO
 - New Palpitations YES NO
 - Heart Murmur on exam YES NO

NOTE: If any cardiac screening question is positive or if athlete was hospitalized, experiencing symptoms for more than 14 days, or have a pre-existing cardiac condition Cardiology consult could be necessary.

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- Athlete **HAS** satisfied the above criteria and **IS** cleared to begin the Return to Sport progression.
 - Athlete **HAS NOT** satisfied the above criteria and **IS NOT** cleared for activity

MEDICAL OFFICE INFORMATION (Please Print)

Evaluator's Name: _____ Phone: _____

Evaluators Signature: _____

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

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

- **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 by Blue Hills Regional 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