

Return To Play Clearance Form

COVID-19 Infection Medical Clearance

The MPSSAA Medical Advisory Committee Physicians strongly recommends the use of this form by member schools as it relates to students who have tested positive for Covid-19 since their last physical.

Parent/Legal Custodian Consent for Their Child to Resume Full Participation in Athletics

I am aware that _____ (school name) requests the consent of a child's parent or legal custodian prior to them resuming full participation in athletics after having been diagnosed with a COVID-19 infection. My child's COVID infection was:

- Asymptomatic (no symptoms) or mild symptoms (fever, myalgia, chills, and lethargy < 4 days)
- Moderate symptoms (fever, myalgia, chills or lethargy lasting \geq 4 days, chest pain, chest pressure, shortness of breath or hospitalized but not in ICU)
- Severe symptoms (hospitalized in ICU, myocarditis and/or MIS-C)

By signing below, I hereby give my consent for my child to resume full participation in athletics. I understand if my child develops symptoms such as chest pain, shortness of breath, excessive fatigue, feeling lightheaded, or palpitations (racing heart), that my athlete should stop exercising immediately and consultation with a licensed health care provider (LHCP) will be necessary.

Signature of Parent/Guardian

Date

Please Print Name and Relationship to Student-Athlete

If your athlete's Covid severity falls within the MODERATE OR SEVERE category, this form must be signed by a Licensed Physician (MD/DO), Licensed Physician Assistant (PA), or Licensed Nurse Practitioner (NP) before the student-athlete is allowed to resume full participation in athletics. The student-athlete's parent/legal custodian must also sign this form giving consent to return to play.

Name of Student-Athlete: _____ DOB: _____

Participating Sport(s): _____

Date COVID-19 Infection Diagnosed: _____

If symptomatic, date symptoms resolved: _____

Some students, particularly those with moderate to severe illness, may require a graduated return-to-play (RTP) protocol once the student has been cleared by a LHCP (cardiologist for moderate to severe COVID-19 symptoms). The American Academy of Pediatrics *COVID-19 Interim Guidance: Return to Sport* provides a recommendation for RTP (page 2) if necessary.

As the examining LHCP, I attest that the above-named student-athlete is now reporting to be completely free of all signs and symptoms of COVID-19, at least 5 days since symptoms first appeared, and afebrile for 24 hours and is either cleared for resumption of activity or recommended for cardiology referral.

- Cleared for return to athletics.
- Cleared for return to athletics after completion of a graduated return to play due to the severity of symptoms and/or hospitalization associated with the student's positive COVID-19 diagnosis.
- Not Cleared: Cardiology consultation before clearance.

Signature of Licensed Physician, Licensed Physician Assistant,
Licensed Nurse Practitioner (Please Circle)

Date

Please Print Name

Please Print Office Address

Phone Number

Graduated Return-to-Play Protocol After COVID-19 Infection

In participants who have had moderate or severe symptoms of COVID-19 or their provider has any concerns for rapid return to play (RTP), 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 back to the evaluating provider who signed the form.

- Stage 1: (2 Days Minimum) 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: (1 Day Minimum) Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate.
- Stage 3: (1 Day Minimum) 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: (2 Days Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.
- Stage 5: Return to full activity.

If required by health care provider, the participant has completed the 5 stage RTP

progression under the supervision of a responsible adult:_____.

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