



## **CORONAVIRUS RETURN TO ATHLETICS PROTOCOL**

The Return to Play Protocol is based on policies of the Blue Hills Regional Technical School along with recommendations from the American Academy of Pediatrics. The concern for young athletes who have contracted SAR-2-CoV coronavirus is the possibility of developing myocarditis. As myocarditis is a leading cause of Sudden Cardiac Death in young athletes, extra precautions must be taken during the Return to Play after Covid-19 infection.

### RETURN TO SCHOOL POLICY: (Canton School Policy)

- Students who test positive for Covid-19 must isolate for 10 days from the time symptoms began. They must also be fever free without the use of antipyretics for 24 hours. Symptoms should also have resolved or be improving.
- Students who were exposed to Covid-19 must quarantine for 14 days prior to returning to school. If symptoms develop, the student should get tested. If positive or highly suspected to be Covid-19, the student begins the isolation protocol outlined above.

### RETURN TO ATHLETICS POLICY: (Guidelines from American Academy of Pediatrics)

- All students who have been **infected** with SARS-CoV-2 or **exposed** to SARS-CoV-2, may not exercise for a minimum of 14-days and must be completely asymptomatic for greater than 14 days before returning to exercise and/or competition.
- Prior to returning to play, the **infected** student must be evaluated and medically cleared by their physician.
- It is recommended that the physician complete the Post-Covid-19 Medical Screening Exam.
- Any **infected** student who has a history or develops cardiac symptoms should also be seen by a pediatric cardiologist.
- Students who are symptomatic beyond 14 days must be evaluated by a pediatric cardiologist.
- Students who develop severe infections that result in hospitalization, or develop Multisystem Inflammatory Syndrome must be treated as though they have myocarditis and may not participate in sports for 3 to 6 months. These athletes must be evaluated and cleared to resume sports by a pediatric cardiologist.

## GRADUATED RETURN TO PLAY:

Upon medical clearance by their primary physician and/or cardiologist, the student will commence with a graduated return to play.

- School Athletic Trainer will supervise the Graduated Return to Play protocol.
- Minimum duration of the Graduated Return to Play is one week. (5 school days).
- Cardiac symptom screening along with Covid-19 symptom screening will be performed daily.
- The student will complete a gradual progression of sport specific skills and aerobic exercises over the course of no less than a week.
- During the exercising the following will be monitored.
  - Cardiac symptoms
  - Pulse and respiratory rate
  - Oxygenation
  - If “smart technology” is used, blood pressure and heart rhythm may also be monitored.
  - Any signs of cardiac symptoms will result in a termination of the Graduated Return to Play and warrant an evaluation by a pediatric cardiologist.

## Cardiac MRI Reveals Myocarditis in Competitive Athletes Recovered from COVID-19

<https://www.diagnosticimaging.com/view/cardiac-mri-reveals-myocarditis-in-competitive-athletes-recovered-from-covid-19>

## Return to sports after COVID-19 infection

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7314071/>

## Cardiovascular Magnetic Resonance Findings in Competitive Athletes Recovering From COVID-19 Infection

[https://jamanetwork.com/journals/jamacardiology/fullarticle/2770645?guestAccessKey=ad3c4563-167f-452a-917f-7bfe15663b06&utm\\_source=For The Media&utm\\_medium=referral&utm\\_campaign=ftm\\_links&utm\\_content=tfi&utm\\_term=091120](https://jamanetwork.com/journals/jamacardiology/fullarticle/2770645?guestAccessKey=ad3c4563-167f-452a-917f-7bfe15663b06&utm_source=For%20The%20Media&utm_medium=referral&utm_campaign=ftm_links&utm_content=tfi&utm_term=091120)

## Return to sports after COVID-19: a position paper from the Dutch Sports Cardiology Section of the Netherlands Society of Cardiology

<https://link.springer.com/article/10.1007/s12471-020-01469-z#Tab2>

## Cardiopulmonary Considerations for High School Student-Athletes During the COVID-19 Pandemic: NFHS-AMSSM Guidance Statement

<https://journals.sagepub.com/doi/full/10.1177/1941738120941490>

## A Game Plan for the Resumption of Sport and Exercise After Coronavirus Disease 2019 (COVID-19) Infection

<https://jamanetwork.com/journals/jamacardiology/article-abstract/2766124>

