



CIF Recommended Evaluation & Cardiac Testing for COVID-19 (+) Athletes Returning to Education-Based Athletics

Applies to athletes \leq 18 years old

Grading severity of illness

- **Asymptomatic**
 - + COVID test, no symptoms

- **Mild (usually \leq 3 days)**
 - Loss of taste/smell (can last $>$ 3 days, and often weeks to months)
 - Cough (residual dry cough can last $>$ 3 days, and often weeks)
 - Sore throat
 - Congestion
 - Nausea/vomiting
 - Abdominal pain
 - Diarrhea
 - Fatigue
 - Headache
 - Fever +/- chills

- **Moderate**
 - Cardiopulmonary symptoms
 - § Shortness of breath
 - § Chest pain/pressure/tightness
 - § Palpitations
 - § Fainting
 - Central nervous system
 - § Prolonged headache
 - Systemic symptoms
 - § Prolonged fever +/- chills ($>$ 3 days)
 - § Prolonged fatigue ($>$ 3 days)

- **Severe**
 - Any hospitalization
 - New or recurrent symptoms concerning for multisystem inflammatory syndrome in children (MIS-C)
 - § Fever, rash, abdominal pain, vomiting, diarrhea, lethargy, and conjunctivitis
 - § Possible to appear weeks after infection or even without previous known infection



If COVID-19 (+) Within the Prior 3 Months

Asymptomatic [COVID(+) test only]

- No testing needed
- Needs medical clearance before beginning GRTP [may be virtual if pre-participation evaluation (PPE) previously done]

Mild to Moderate

- Needs medical evaluation and clearance before beginning GRTP
- Strongly consider ECG, troponin, and echocardiogram in athletes with history of moderate disease symptoms, especially if cardiopulmonary symptoms present
 - If any abnormal testing, refer to Cardiology

Severe

- Needs medical evaluation and clearance before beginning GRTP
- Typically evaluated by Cardiology during hospitalization; strongly encourage outpatient Cardiology evaluation if not done in hospital
 - ECG, troponin, and echocardiogram at minimum
 - Additional testing performed as needed

Athlete aged ≤ 18 years old and COVID-19 + in the last 3 month

Asymptomatic

Requires medical clearance (may be virtual) to begin GRTP*

No additional testing necessary

***GRTP = graduated return to play**

Symptomatic (Mild/Moderate)

Needs medical evaluation and clearance to begin GRTP*

Strongly encourage cardiac testing (e.g., ECG, troponin, echocardiogram) for moderate illness, including the following symptoms, and referral to Cardiology for any abnormalities:

- Fever > 3 days
- Cardiopulmonary symptoms
- Hypoxia (O2 sat < 95%)
- Prolonged symptoms (other than loss of taste/smell or dry cough)

Severe Illness

- 1. Any Hospitalization**
- 2. Concern for MIS-C**

Needs medical evaluation and clearance to begin GRTP*

Recommend Cardiology consultation (if not done during hospitalization)

Needs cardiac testing (e.g., ECG, troponin, echocardiogram) at minimum.

If COVID-19 (+) More Than 3 Months Ago

Severe Illness

- Needs medical evaluation and clearance before beginning GRTP

If asymptomatic, mild or moderate illness and has regained fitness/back to full exercise without symptoms

- Meet school/district requirements e.g., routine PPE, medical clearance letter



CIF COVID Graduated Return to Play (GRTP) Protocol



Instructions:

- This recommended CIF GRTP Protocol should be completed before returning to FULL COMPETITION no earlier than day 8.
 - An adult (e.g. parent) or school personnel (e.g., certified athletic trainer, AD, coach) should monitor you during this protocol.
 - This protocol can take longer than 7 days if instructed by your physician/healthcare provider.
 - The symptom-free period (part of the Rest Period) can also take longer than 7 days depending on the severity of your illness.
- If symptoms return at any time in this progression, IMMEDIATELY STOP any physical activity and follow up with your physician/healthcare provider. You will need to be cleared by your healthcare provider to return to the GRTP Protocol.
 - Symptoms can include chest pain, chest tightness, palpitations, lightheadedness, feeling faint or fainting, shortness of breath, fatigue
- Seek medical attention if you feel uncomfortable at any time during the progression.

Days	Activity Description	Exercise Allowed	Objective of the Stage
Minimum 10 days	Rest Period: Limited physical activity for: -10 days from asymptomatic (+) test OR -10 days from onset of symptoms <i>with at least 7 days with no symptoms (exception is loss of taste and smell)</i>	<ul style="list-style-type: none"> Activities of daily living (ADLs), walking okay No activities requiring any exertion (weightlifting, jogging, P.E. classes) 	<ul style="list-style-type: none"> Recovery and/or reduction/elimination of symptoms to protect the cardiorespiratory system
	Before starting, must be able to complete ADLs and walk ~1/4th mile without fatigue or breathlessness		
1	Light aerobic activity	<ul style="list-style-type: none"> 10-15 minutes (<i>min</i>) of brisk walking or light stationary biking, light elliptical No resistance training 	<ul style="list-style-type: none"> Increase heart rate to ≤ 50% of perceived maximum (<i>max</i>) exertion (e.g., < 100 beats per min) Monitor for symptom return
2	Light aerobic activity	<ul style="list-style-type: none"> 15-20 min of brisk walking or light stationary biking, light elliptical No resistance training 	<ul style="list-style-type: none"> Increase load gradually Increase heart rate to 50% max exertion (e.g., 100 bpm) Monitor for symptom return
You should have medical clearance from your healthcare provider before continuing to day 3 below			
3	Moderate aerobic activity Light resistance training	<ul style="list-style-type: none"> 20-30 min jogging, light biking, swimming Body weight exercises (squats, planks, push-ups), max 1 set of 10, ≤ 10 min total 	<ul style="list-style-type: none"> Increase load gradually Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) Monitor for symptom return
4	Strenuous aerobic activity Moderate resistance training	<ul style="list-style-type: none"> 30-45 min running, biking, swimming Weightlifting ≤ 50% of max weight 	<ul style="list-style-type: none"> Increase load gradually Increase heart rate to > 75% max exertion Monitor for symptom return
5	Non-contact training with sport-specific drills No restrictions for weightlifting	<ul style="list-style-type: none"> 45-60 min of non-contact drills, sport-specific activities (cutting, jumping, sprinting) 	<ul style="list-style-type: none"> Coordination and skills/tactics Acceleration/deceleration with total body movement Monitor for symptom return
6	Limited practice including limited contact	<ul style="list-style-type: none"> Controlled drills including contact drills (but no scrimmaging) 	<ul style="list-style-type: none"> Restore confidence and assess functional skills Assess readiness for return to play Increase acceleration, deceleration and rotational forces Monitor for symptom return
7	Full unrestricted practice	<ul style="list-style-type: none"> Return to normal unrestricted training (with contact) 	
8	Return to play (competition)	<ul style="list-style-type: none"> Normal game play (competitive event) 	<ul style="list-style-type: none"> Return to full sports activity without restrictions

Athlete's Name: _____ Date of + COVID Test: _____ Symptoms? No Yes: Date of Symptom Onset _____