

Tri-County RVTHS Athletic Department Covid Protocols

In an effort to provide safe and appropriate opportunities for all of our student-athletes the Tri-County Athletic Department has worked with Brigham and Women's to develop Covid protocols. All student-athletes must follow the timelines set forth by the Tri-County School District. In addition to the requirements set forth by the Department of Health and the School District, the Athletic Department is instituting a minimum ten-day quarantine from athletic participation for all athletes prior to beginning the Return to Play Process. Student-athletes must follow the guidelines below to obtain clearance to begin the Return to Play Process which will be monitored by the Certified Athletic Trainer. No student-athlete will be allowed to return to participation without successfully completing the Return to Play Process.

Category #1: Athlete had exposure to a confirmed positive Covid-19 case must remain home and self-quarantine consistent with the following:

- Must adhere to the timeline set forth by the School District
- Must quarantine for at least 10 days from athletic activity
- Must be symptom-free and get medical clearance to begin Return to Play Process. This may include telehealth visits for clearance.
- On day #11 Student-athletes may begin an abbreviated Return to Play Process beginning on Stage #3.

Category #2: Athlete tested positive for Covid-19

- Must adhere to the timeline set forth by the School District
- Must quarantine for at least 10 days from athletic activity
- Must be symptom-free and get medical clearance to begin Return to Play Process. This must include clearance from an examination by the student-athlete's primary care physician.
- On day #11 Student-athletes may begin the Return to Play Process once cleared by their PCP

TC RVTHS COVID-19 Return to Play Form

If a student has tested positive for COVID-19 or has been required to quarantine, they must be cleared for progression back to physical activity by an approved health care provider (MD/DO/PAC/NP)

Student's Name: _____ DOB: _____ Date of Positive Test: _____

Date of Evaluation: _____

Criteria to Return (Please check as applies)

___ 10 days have passed since onset of symptoms OR has been asymptomatic throughout 14 day quarantine

___ Has been symptom free for the past 7 days.

___ Student was not hospitalized due to COVID-19 infection

___ Cardiac screen negative for myocarditis/myocardial ischemia (ALL answers must be NO)

Chest pain/tightness with exercises YES ___ NO ___

Unexplained Syncope/near syncope YES ___ NO ___

Unexplained/excessive dyspnea/fatigue w/exertion YES ___ NO ___

New palpitations YES ___ NO ___

Heart murmur on exam YES ___ NO ___

If any cardiac screening question is positive or if the student was hospitalized, consider a full cardiac workup as appropriate.

___ Student HAS satisfied the above criteria and IS CLEARED to start the Return to Activity Progression

___ Student HAS NOT satisfied the above criteria and IS NOT CLEARED to return to activity

Health Care Provider information:

Evaluator's Name: _____ Office Phone: _____

Practice Name and Address: _____

Evaluators Signature: _____

Return to Play Procedures After COVID-19 Infection

Student must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, shortness of breath, pre-syncope or syncope. If these symptoms develop, patient should be referred back to the evaluating provider for follow up.

- STAGE 1: (2 Days Minimum) Light Activity (walking, jogging, stationary bike) for 15 minutes at no greater than 70% of maximum heart rate. NO resistance training
- STAGE 2: (1 Day Minimum) Running Drills or simple movement activities for 30 minutes at intensity no greater than 80% of maximum heart rate.
- STAGE 3: (1 Day Minimum) Progress to more complex training (resistance training, agility drills, sports specific drills) for 45 minutes at intensity no greater than 80% maximum heart rate.
- STAGE 4: (2 Days Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.
- STAGE 5: (1 Day Minimum) Return to Full Activity

Cleared for Full Participation by school personnel. A minimum of 7 days spent on RTP prior to clearance.