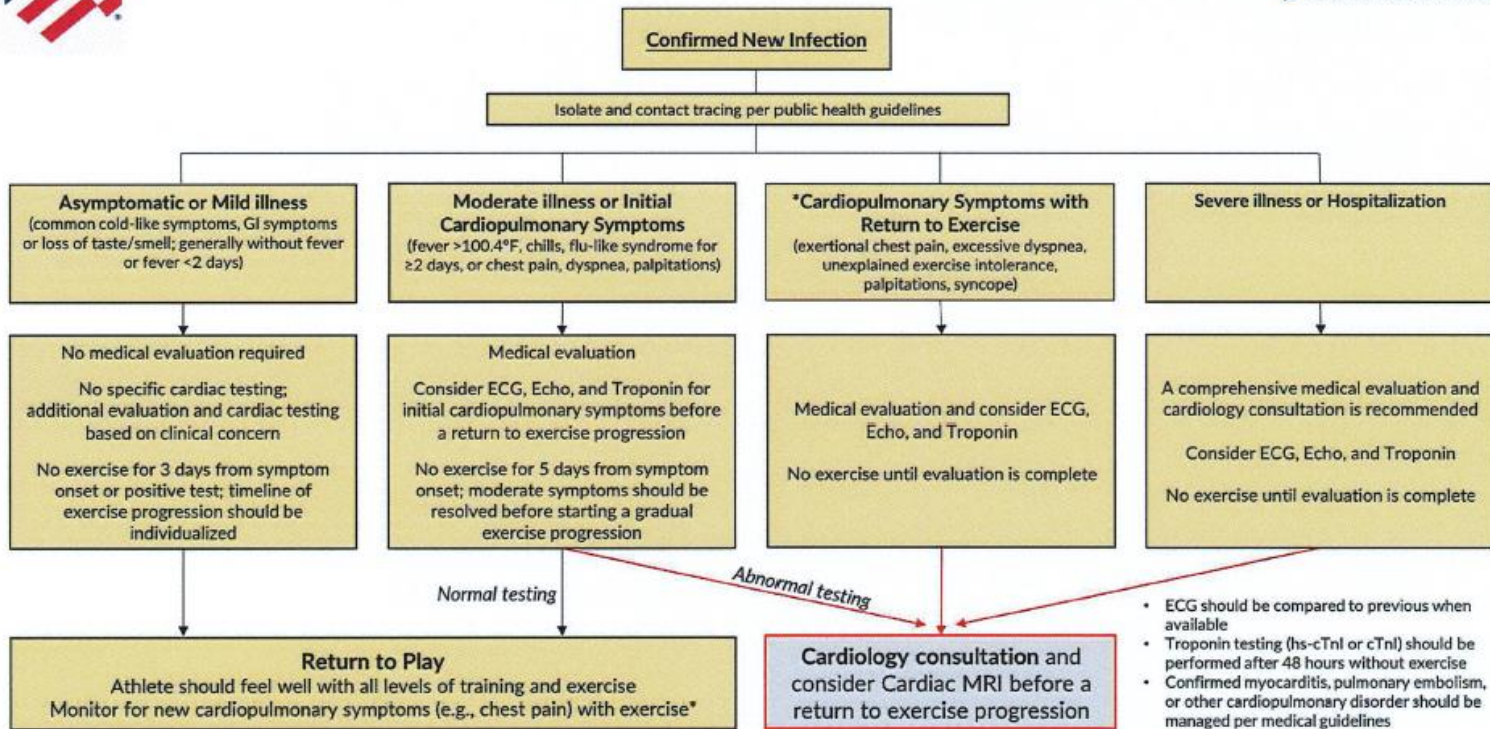


# COVID-19 MANAGEMENT



## Cardiopulmonary Considerations for High School Student-Athletes during the COVID-19 Pandemic





## COVID-19 Student-Athlete Return to Participation Guidelines

### Return to sport/activity exercise progression:

*For the purpose of initiating a return to play progression, Day 1 is considered the day symptoms first appeared or in the case of asymptomatic students, the day the test was administered.*

The student's healthcare provider, school medical personnel, coaches and administrators are all responsible to ensure every student is both physically and emotionally prepared for a safe return to competition. Every situation and student are unique. Factors such as baseline fitness, infection severity, duration of COVID-19 symptoms and tolerance to progressive levels of exercise must all be considered. Most students will require at least a few days of a progressive exercise program (see following example). It is also recommended students participate in some full team practices before returning to formal competition for coaches to assess the student's overall physical conditioning status and the student's readiness for competition.

***This example below would also be appropriate for students returning from other extended illnesses, not only COVID-19.***

### Progressive exercise program example:

- Stage 1 (2 days minimum): Light activity (walking, jogging, stationary bike) for 15 minutes or less at an intensity no greater than 70% maximum heart rate. No resistance training.
- Stage 2 (1 day minimum): Add simple movement activities (e.g., running drills) for 30 minutes or less at an 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 an intensity no greater than 80% maximum heart rate.
- Stage 5: Return to full activity.

For less physically intense activities such as Bowling and Golf, healthcare providers may choose to modify the length and intensity of this protocol.