Graduated Return to Play after COVID-19 Infection Protocol updated 1/20/22 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your student is now ready to complete a supervised graduated Return to Play Protocol after COVID infection.

**If your student complains about any of the following symptoms, discontinue the protocol and contact your student’s provider:**

● Unusual shortness of breath

● Chest pain

● Lightheadedness or dizziness

● Unusually fast heartbeat or heart is skipping beats

● Fainting

**Graduated Return to Play after COVID-19 Infection Protocol**

You should be present and supervise your student during these steps.

● Days one and two: Fifteen minutes of light activity (examples: jogging, stationary bike, playing catch or kicking a ball without running)

● Day three: Thirty minutes of activity with simple movements (examples: running drills, playing catch, or kicking a ball with easy movements)

● Day four: Forty-five minutes of activity with more complex movements (examples: playing catch or kicking a ball while moving in all directions but without sprinting); no scrimmaging

● Days five and six: Sixty minutes of regular sport practice

● Day seven: Your student can now be cleared for full sports participation

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