



## **COVID-19 RETURN TO ATHLETICS PROTOCOL**

The Return to Play Protocol is based on policies of Blue Hills Regional Technical High 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:

- Students who test positive for Covid-19 must isolate for 5 days from the time symptoms began, or from the day tested positive if asymptomatic. They must also be fever free without the use of antipyretics for 24 hours. Symptoms should also have resolved or be improving.
- Prior to returning to play, the **COVID positive student** must be evaluated and medically cleared by their physician or healthcare provider.
- For students with **moderate** symptoms of COVID-19 ( $\geq 4$  days of fever  $>100.4^{\circ}\text{F}$ ,  $\geq 1$  week of myalgia, chills, or lethargy, or a non-ICU hospital stay and no evidence of **multisystem inflammatory syndrome in children** [MIS-C]), an **IN PERSON** evaluation by their primary care physician (PCP) is necessary. Examination must include review of the AHA 14 element screening evaluation, physical exam and EKG.
- It is recommended that any **COVID positive** student who has a history of, or develops cardiac symptoms should also be seen by a pediatric cardiologist.

Students who develop **severe** infections which include prolonged hospital stay and/or recovery, ICU admission and/or intubation along with **Multisystem Inflammatory Syndrome** (MIS-C) may **not** participate in sports for 3 to 6 months. These athletes must be evaluated and cleared to resume sports 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=tf&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=tf&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>

**Academy of Pediatrics Guidance**

<https://downloads.aap.org/AAP/PDF/2022-01-21%20RTP%20algorithm.pdf>  
<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>