

# Assessment/Release for Return to Play

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Patient: School:

DOB: Sport:

PCP:

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Date of onset of COVID symptoms:

Date of COVID positive test:

Date of resolution of COVID symptoms:

Systemic symptoms for 5 days or more (fever, myalgia, chills, profound lethargy)?: N  Y

Hospitalization due to COVID symptoms?: N  Y

H/o cardiac abnormalities followed by cardiology?: N  Y

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## Recent symptoms:

Chest pain at rest or with exertion? (not musculoskeletal or costochondritis): N  Y

Shortness of breath with minimal activity? (unrelated to respiratory symptoms): N  Y

Excessive fatigue with exertion?: N  Y

Abnormal heartbeat or palpitations?: N  Y

Syncope or near-syncope?: N  Y

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Normal cardiovascular exam?: Y  N

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Cardiology referral indicated?: N  Y

Cleared for gradual return to sports?: Y  N

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Signature:

Printed Name:

Date:

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## Suggested gradual return to sports progression\*

(adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020):

Stage 1: 2 days minimum, ≤ 15 minutes, light activity (walking, jogging, stationary bike), no resistance training.

Stage 2: 1 day minimum, ≤ 30 minutes, add simple movement activities (eg. running drills).

Stage 3: 1 day minimum, ≤ 45 minutes, progress to more complex training, may add light resistance training.

Stage 4: 2 days minimum, 60 minutes, normal training activity.

\*Patient should be symptom free before progressing to next stage.