

Title: COVID-19 Return To Play Protocol	Distribution: Athletic Department, Clinical Staff, Administrative Staff
Effective date:	Approved by:



Purpose: The purpose of this policy is to establish a graduated return to play protocol for student athletes returning to athletic activity at Boston University Academy post COVID-19 infection. The policy has been created based on the interim guidance from COVID-19 return from the American Academy of Pediatrics.

Student athletes who have already returned from COVID-19 prior to the effective date of this policy:

- **Athletes who have already completed 7 or more practices/competitions** may continue without the need to complete the below graduated return protocol as long as they are not currently experiencing the following during exercise; chest pain, shortness of breath, or dizziness
- **Athletes who have already returned but have not completed 7 or more practice** will enter the below graduated return to play protocol on what number practice they are currently on since returning as long as they are not experiencing the following during exercise; chest pain, shortness of breath, or dizziness.
- If either category above are experiencing any listed symptoms during exercise, the student athlete will be required to see their primary care physician for clearance prior to beginning the return to play protocol from the beginning.

Student athletes who have not yet returned from COVID-19 Infection

Asymptomatic/Mild Infection – less than 4 days of fever below 100.4°F, less than 1 week of myalgia, chills, or lethargy.

- Must receive clearance to return letter by primary care physician via in person or telemedicine appointment.
- Must complete graduated return to play protocol.
 - If student athlete reports chest pain, dizziness, or shortness of breath during return to play athletic director can require cardiologist clearance prior to continuing return to play protocol.
- **Moderate Infection** – Greater than 4 days of fever below 100.4°F, greater than 1 week of, myalgia, chills, or lethargy, or a non-ICU hospital stay and no evidence of MIS-C.
 - Must receive clearance to return letter by primary care physician via in person appointment.
 - Student athlete may be required to receive cardiology clearance to return at the discretion of their primary care physician.
 - Must complete graduated return to play protocol.
 - If student athlete reports chest pain, dizziness, or shortness of breath during return to play athletic director can require cardiologist clearance prior to continuing return to play protocol.
- **Severe Infection** – ICU stay/intubation or MIS-C
 - Must obtain cardiology clearance before returning to play.
 - Must complete graduated return to play protocol.
 - If student athlete reports chest pain, dizziness, or shortness of breath during return to play athletic director can require cardiologist clearance prior to continuing return to play protocol.

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Graduated Return to Play Protocol

- To be overseen by the Athletic Director of Boston University Academy.
 - o *It is at the discretion of the Athletic Director to require additional rest days and/or testing prior to initiation of return to play for any student athlete if symptoms warrant more extensive plan of care.*
- All student athletes returning from COVID-19 infection regardless of infection severity must complete.
- At any point if a student athlete reports chest pain, shortness of breath or dizziness, the Athletic Director reserves the right to discontinue athletes return to play progress and require clearance from a cardiologist.
- Practices must be 24 hours apart and do not have to be consecutive days.
 - o For example if a student athlete completes protocol day 1 on Thursday and day 2 on Friday followed by a two day weekend before resuming practice on Monday they would continue onto day 3 of the protocol *not* day 5.
- *Protocol:*
 - o **Day 1** - 15 minutes or less of light activity (walking, jogging, stationary bike), with intensity below 70% max heart rate. No resistance training.
 - o **Day 2 and 3** – 30 minutes or less of basic sport related drills, intensity below 80% max heart rate.
 - o **Day 4**- 45 minutes or less of regular practice, intensity below 80% max heart rate
 - o **Day 5 and 6** – 60 minutes of regular practice.
 - o **Day 7** – Return to full Participation.

Information used for this policy can be found here:

<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>