

## COVID-19 Clearance for Athletes

### Prior to the season:

Student athletes that tested positive for COVID-19 **greater than 90 days prior to the start of the season** do not need any additional medical clearance to participate in sports

Student athletes that test positive for COVID-19 **within the last 90 days prior to the start of the season** but have no symptoms or mild to moderate symptoms do not need clearance from their PCP or cardiology.

Student athletes that test positive for COVID-19

- within the last **90 days prior to the start of the season**  
**and**
- experienced **severe illness** (see definition below)

must obtain cardiology clearance prior to resuming training or competition.

### During the season:

Students athletes that test positive for COVID-19 must have the COVID-19 clearance form completed by an MD, PA, NP or DO. They will be allowed to return to sports when:

- The COVID-19 clearance form has been received by the Health Office

- 10 days have passed since the onset of symptoms
- Symptom free for 72 hours: no fever >100.4 without medication, no cough or shortness of breath

Student athletes that experience **severe illness\*** must obtain cardiology clearance prior to resuming training or competition.

**From the AAP Asymptomatic to Mild illness:**

All children and adolescents who test positive for COVID-19 should notify their pediatrician. For a child or adolescent who is SARS-CoV-2–positive who is either **asymptomatic** or **mildly symptomatic** (<4 days of fever >100.4°F, <1 week of myalgia, chills, and lethargy) an **assessment by primary care physician (phone, telemedicine, or in person consultation) is recommended.**

**From the AAP moderate illness:**

For those with **moderate** symptoms of COVID-19 (≥4 days of fever >100.4°F, ≥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 evaluation by their primary care physician (PCP) is recommended. People who test positive for SARS-CoV-2 should not exercise until they are cleared by a physician. PCP evaluation is currently recommended after symptom resolution and completion of isolation. The PCP will review the American Heart Association 14-element screening evaluation with special emphasis on cardiac symptoms including **chest pain, shortness of breath out of proportion for upper respiratory tract infection, new-onset palpitations, or syncope** and perform a complete physical examination and an EKG. If cardiac workup is negative, gradual return to physical activity may be initiated after 10 days have passed from the date of the positive test result, and a minimum of 1 day of symptom resolution (excluding loss of taste/smell) has occurred off fever-reducing medicine. **If cardiac sign/symptom screening is positive or EKG is abnormal, referral to a cardiologist is recommended.**

**\*AAP definition of severe illness:**

For children and adolescents with **severe** COVID-19 symptoms (ICU stay and/or intubation) or **MIS-C**, it is recommended they be **restricted from exercise for a minimum of 3 to 6 months** and obtain cardiology clearance prior to resuming training or competition. Coordination of follow-up cardiology care should be arranged prior to hospital discharge. Other testing may be ordered based on the child or adolescent's signs and symptoms