



# Physical Activity & Athletics During COVID

## Medical Evaluation and Gradual Return-To-Play Protocol for All Youth Exposed to COVID-19

Any youth showing signs or symptoms of COVID-19, or who has tested positive for COVID-19, within the prior six months should consult with their medical provider prior to returning to physical education or sports activities, and follow “gradual return to play” protocol recommended by the American Academy of Pediatrics.

### COVID-19 SYMPTOMS

**Children may be asymptomatic (no symptoms) or exhibit very mild symptoms and have COVID-19, while others may have moderate or severe symptoms. Children can have COVID-19 and not know it because they had no symptoms or very mild symptoms. Please check the American Academy of Pediatrics website for the most current list.**

#### No Symptoms/Mild Symptoms

- No symptoms
- Fever 100.4+ for 1-3 days
- Shortness of breath
- A cough
- Chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

#### Moderate Symptoms

- Same symptoms as mildly symptomatic
- A week or more of muscle aches, chills or fatigue, or a non-ICU hospital stay.
- Fever for four or more days

#### Severe Symptoms

- Any hospitalization
- ICU stay and/or intubation
- MIS-C (multisystem inflammatory system in children)

### Medical Evaluation

When the youth showing signs or symptoms of COVID-19 or who has tested positive for COVID-19 within the prior six months consults with their medical provider, the youth will learn if they need:

- An in-person medical examination prior to returning to physical education, exercise or sports activities;
- A review of the 14-point pre-participation screening evaluation;
- Additional cardiac testing, such as an electrocardiogram (EKG or ECG) and referral to a pediatric cardiologist.

### Gradual Return to Play Protocols

Once cleared, the youth can start a gradual return to physical activity. Their medical provider will recommend a schedule based on the youth's age and the severity of their COVID-19 symptoms. The “gradual” time frame varies by days or weeks (for mild and moderate cases) to months (for severe cases).

Monitor your youth for the following symptoms and report any to your provider for further evaluation:

- Dizziness
- Difficulty breathing
- Chest pain/pressure
- Fainting
- Decreased exercise tolerance

### Additional Resources

American Academy of Pediatrics

American Medical Society for Sports Medicine

CDC Guidelines for COVID-19 Vaccinations



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ParentHeartWatch.org