

SDHSAA COVID-19 Return to Play Form

an approved l	nt has tested positive for COVID-19, he/she must be clear health care provider (MD/DO/PAC/ARNP) ame: DOB:	e must be cleared for progression back to activity b Date of PositiveTest:		
THIS RETUR	N TO PLAY IS BASED ON TODAY'S EVALUATION	-		
□ 1	4 days have passed since symptom onset OR 14 days from date	of positive te	st if completely asymptomatic,	
during w	which the individual has been asymptomatic for at least the last	7 days witho	ut use of fever-reducing	
medicat	ion			
□ II	ndividual was not hospitalized due to COVID-19 infection.			
	Cardiac screen negative for myocarditis/myocardial ischemia (A	II answers be	low must be no)	
	Chest pain/tightness with exercise	YES 🗆	NO 🗆	
	Unexplained Syncope/near syncope	YES 🗆	NO □	
	Unexplained/excessive dyspnea/fatigue w/exertion	YES \square	NO □	
	New palpitations	YES	NO 🗆	
	Heart murmur on exam	YES \square	NO 🗆	
	f any cardiac screening question is positive or if participant was hos ndicated. May include ECG, cardiac biomarkers, Echocardiogram, C	•	•	
□ Indivi	dual HAS satisfied the above criteria and IS cleared to return to	activity.		
	OPTIONAL: Due to moderate or severe symptoms with COVID tages of the Graduated Return to Play Progression prior to full		cicipant should perform the	
□ Indivi	dual HAS NOT satisfied the above criteria and IS NOT cleared to	return to ac	tivity	
Medical Office	e Information (Please Print/Stamp):			
Evaluator's Nai	aluator's Name: Office Phone:			
Evaluator's Ad	dress:			
Evaluator's Sig	nature:			
he athlete sho ightheadedness	Graduated Return to Play (RTP) Progression who have had moderate or severe symptoms with COVID-19 or the ould complete the progression below without development of s, pre-syncope, or syncope. If these symptoms develop, the pider who signed the form.	eir provider h chest pain,	ad any concerns for rapid RTP, chest tightness, palpitations,	
Stage 1	1: (2 Days Minimum) Light Activity (Walking, Jogging, Static		or 15 minutes or less at	

- intensity no greater than 70% of maximum heart rate. NO resistance training.
- Stage 2: (1 Day Minimum) Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- Stage 3: (1 Day Minimum) Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- Stage 4: (2 Days Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- Stage 5: Return to full activity

Health Provider Signature following Graduated RTP for clearance to resume activities: