



**GRADUATED RETURN-TO-PLAY AFTER COVID19 INFECTION
(MINIMUM 7 DAYS)***

Name: _____ DOB: _____

Date of Medical Clearance to begin post-COVID19 Return-To-Play: _____

Once medically cleared to begin return-to-play, students/athletes must complete the return-to-play progression below without the development of chest pain/tightness, palpitations, lightheadedness, significant exertional dyspnea, pre-syncope, or syncope. If any of these symptoms develop, the patient should be referred back to the evaluating provider who signed the medical form.

Calculating Max Heart Rate: $220 - \text{Your Age} = \text{Predicted Max Heart Rate (beats/min)}$

STAGE 1 : Day 1 and Day 2 (2 Days Minimum) - 15min/day or less
 Light activity (walking, jogging, stationary bike). NO resistance training.
 Intensity no greater than 70% maximum heart rate.

DATE	ACTIVITY	SYMPTOMS

STAGE 2 : Day 3 (1 Day Minimum) – 30min/day or less
 Add simple movements activities (running drills) at intensity no greater than 80% maximum heart rate.

DATE	ACTIVITY	SYMPTOMS

STAGE 3 : Day 4 (1 Day Minimum) – 45min/day or less
 More complex training at intensity no greater than 80% maximum heart rate. May add light resistance training.

DATE	ACTIVITY	SYMPTOMS

STAGE 4 : Days 5 and Day 6 (2 Days Minimum) – 60min/day or less
 Normal training activity at intensity no greater than 80% maximum heart rate.

DATE	ACTIVITY	SYMPTOMS

STAGE 5 : Return to full activity/participation.

DATE	ACTIVITY	SYMPTOMS

*Return-To-Play protocol adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.

Reviewed by UVMMC Pediatric Cardiology February 2021.

Cleared for Full Participation by School/Sports Personnel: _____

Printed name: _____ Signature: _____