

CLEARANCE FOR RETURN TO SPORT AFTER COVID-19 DIAGNOSIS

Athlete Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Date of positive COVID-19 test or diagnosis: \_\_\_\_\_

For athletes with asymptomatic COVID-19 infection (i.e. did NOT develop COVID-19-related symptoms at any point): Consider clearance for return to activity at least 2 weeks after positive test result as long as remains symptom-free.

For athletes with symptomatic COVID-19 infection. Clearance requires both of the following

- a. 2 week rest period after complete resolution of symptoms
- b. Appropriate cardiac evaluation to confirm resolution of COVID-19 related dysfunction.

Athletes cleared for sport participation may begin a slow progression of conditioning and sport-related activity under adult supervision. If COVID-19-related symptoms develop with resumption activity (e.g. undue shortness of breath, chest pain), discontinue physical exertion and contact health care provider.

Special instructions/additional restrictions:

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Physician name: \_\_\_\_\_

Date of clearance: \_\_\_\_\_