

SPORTS/PERFORMANCE PE RETURNING AFTER COVID GUIDELINES

Dear Parent/Guardian of

The American Academy of Pediatrics, and other national medical associations, recommend that youth who have recovered from COVID-19 should be cleared for a return to sports, and strenuous exercise, by their health care provider and undergo screening for cardiac symptoms such as chest pain, shortness of breath, fatigue, palpitations or syncope (fainting/blacking out). Your health care provider will determine if your child requires any further cardiac evaluation/testing before returning to sports.

All athletes and students enrolled in Performance PE who have tested positive for COVID-19, regardless of symptoms, require a minimum 10 day isolation and resting period before returning to exercise and/or competition. The ten day period of time begins the day after the date of symptoms onset/date of the test for COVID-19 if asymptomatic. **Your child may begin the process to return to sports/Performance PE after 10 days of isolation (or longer as advised by your healthcare provider) with health care provider clearance.**

The athletic trainer/Performance PE teacher at your child's school will be in contact with you to discuss the progression guidelines they will implement after your child has been cleared to return to sports.

To Be Completed by Health Care Provider (MD, DO, ARNP, PA)

Date of COVID Test: _____ Date of Symptom Onset: _____

Date of Symptom Resolution: _____ **Date to return to sports/Performance PE:** _____

The above named student may return to full sports participation without restrictions

The above named student may return to sports participation with the following restrictions:

Health Care Provider name: _____

Health Care Provider signature: _____

Date: _____ **Clinic name:** _____

Thank you and please contact (nurse, athletic trainer, AD) (phone number) with any questions.