



This graduated return to play protocol is recommended to begin once patients are symptom free with activities of daily living. Following a gradual return to play allows for any concerning symptoms of heart problems to be detected before they become serious. Even those without symptoms during COVID infection could develop heart problems.

For children and adolescents with a history of SARS-CoV-2 infection who have *already advanced back to physical activity/sports on their own* and do not have any abnormal signs/symptoms, no further workup is necessary.

For asymptomatic / mild symptoms: Minimum 1 day symptom free (excluding loss of taste/smell), 2 days of increase in physical activity (ie, one light practice, one normal practice), no games before day 3. A face mask should be worn for ALL physical activity, including games or scrimmages, until 10 full days from positive test or symptom onset have passed.

For moderate symptoms: Minimum 1 day symptom free (excluding loss of taste/smell), and a minimum of 4 days of gradual increase in physical activity (one light cardio workout on own, two light practices, one full practice), no games before day 5. A face mask should be worn for ALL physical activity, including games or scrimmages, until 10 full days from positive test or symptom onset have passed.



Kids are our Specialty

Red Flags: If the child develops any of the following symptoms as they move through the protocol, they should STOP ALL ACTIVITY and call us immediately:

- Chest pain, especially with exertion, or worse lying down
- Shortness of breath
- Palpitations (abnormal or fast feeling heartbeat)
- Dizziness/fainting/feeling faint
- Ongoing fatigue/fatigue out of proportion to usual with activity