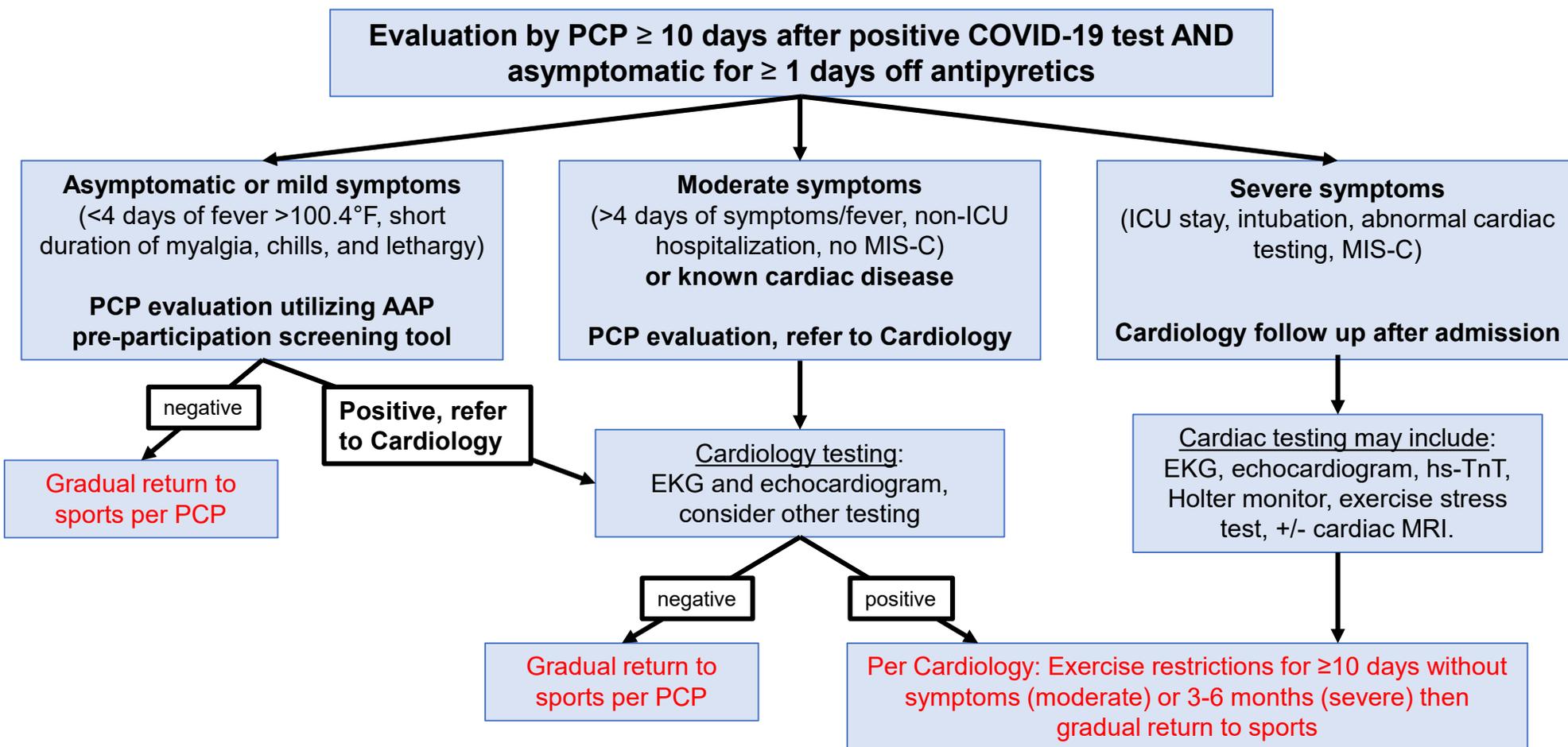


# Return to Play Related to COVID-19 Infection in Pediatric Patients (K-12)\*

This document contains interim suggested guidance based on current information available to inform assessment and risk stratification, including need for EKG, for release to participation in physical education, sports and moderate to vigorous play for pediatric patients.

- Notes: 1. Patients with close contact exposure to COVID-19 are restricted from participation for  $\geq 14$  days (same duration as quarantine)  
 2. Any COVID-19 positive child with cardiac symptoms should be evaluated by the PCP when symptoms occur.



## Suggested gradual return to sports progression (adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020):

- Stage 1: 2 days minimum,  $\leq 15$  minutes, light activity (walking, jogging, stationary bike), no resistance training.
- Stage 2: 1 day minimum,  $\leq 30$  minutes, add simple movement activities (eg. running drills).
- Stage 3: 1 day minimum,  $\leq 45$  minutes, progress to more complex training, may add light resistance training.
- Stage 4: 2 days minimum, 60 minutes, normal training activity.
- Stage 5: Return to full activity/participation (ie, - Contests/competitions).