



If an athlete has tested positive for COVID-19, has had a close contact with an individual who has COVID-19 and develops symptoms but was not tested, or was placed on self-isolation and did not develop symptoms, the athlete must be cleared for progression back to activity by a qualified medical provider. Individuals who have had COVID-19 are at risk of developing severe cardiac complications that can affect participation in sport. There is limited research in this area particularly in youth athletes to standardize clinical decision making. For these reasons, it is strongly recommended that this form be completed by the patient's primary care provider. Evaluation and management by the primary care provider allows for the patient's past medical and cardiac history to be known.

Name: _____ DOB: _____ Date of Positive PCR Test: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____

Date symptoms started _____

Date of last fever (≥100.4F) _____

Criteria to return (Please check below as applies)

- Symptoms are resolved or nearly resolved, any remaining symptoms are not interfering with daily activities without medication
- No fever (≥100.4F) for minimum of 14 days without fever reducing medication
- COVID-19 respiratory and cardiac symptoms (moderate/severe cough, shortness of breath, fatigue) have resolved
- Athlete was not hospitalized due to COVID-19 infection.
- Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no)

Chest pain/tightness with daily activities	YES <input type="checkbox"/> NO <input type="checkbox"/>
Unexplained Syncope/near syncope	YES <input type="checkbox"/> NO <input type="checkbox"/>
Unexplained/excessive dyspnea/fatigue w/ daily activities	YES <input type="checkbox"/> NO <input type="checkbox"/>
New palpitations	YES <input type="checkbox"/> NO <input type="checkbox"/>
Heart murmur on exam	YES <input type="checkbox"/> NO <input type="checkbox"/>

NOTE: If any cardiac screening question is positive or if athlete was hospitalized, had prolonged fevers (greater than 3 days) or was diagnosed with multisystem inflammatory syndrome in children (MIS-C), further workup is recommended based on the Return to Play After COVID-19 Infection in Pediatric Patients Clinical Pathway.

- I am familiar and have reviewed the athletes past medical, social, cardiac, and family history and have no concerns with the athlete starting a return to play progression.
- Athlete HAS satisfied the above criteria and IS cleared to start the return to activity progression.
- Athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

Medical Office Information (Please Print/Stamp):
Recommended: Primary Care Physician or MD/DO

Evaluator's Name: _____ Office Phone: _____

Evaluator's Address: _____

Evaluator's Signature: _____