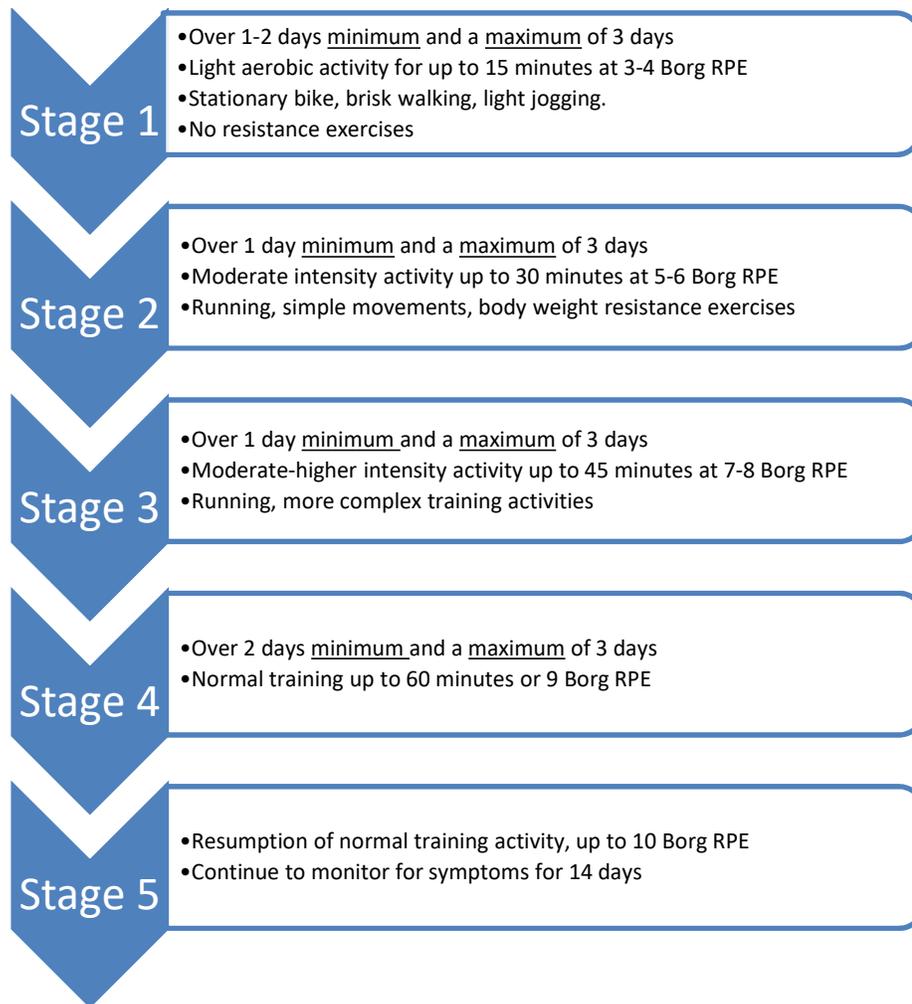


COVID-19 Return to Activity Guidance

Nationwide Children’s Hospital Sports Medicine has created a comprehensive, gradual return to activity protocol for youth and adolescent athletes that have had mild to moderate cases of COVID-19. This progression is based on the current information and research available regarding COVID-19 at the time of publication.

Return to Activity Protocol

- Return to Activity may not begin until 14 days after diagnosis and 7 days symptom free
- Once cleared to participate by your primary care physician, gradual acclimation to exercise/sports can occur over a 10-to-14 day period
- Must clear initial cardiac screening questions 1-6 prior to the start of the progression (see next page). Questions 3-6 are asked at the start of a new stage.
- **After 3 days at any stage, the patient will be referred back to primary care physician for re-evaluation for possible concerns of exercise intolerance.**



RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

Sports Medicine

Cardiac Screening Questions for COVID-19 Return to Activity Protocol

Updated 9/3/2020

(Adapted from OHSAA 2020-2021 Pre-Participation Physical Form)

To be asked before progression is started and at the start of a new stage (questions 3-6)

- 1) Has a doctor told you that you have any heart problems, specifically within the last 14 days?
- 2) Did a doctor schedule or complete a test for your heart recently? For example, electrocardiography (ECG) or echocardiography, or cardiac MRI, other cardiac tests or bloodwork?
- 3) Have you passed out or nearly passed out during or after exercise?
- 4) Have you had discomfort, pain, tightness, or pressure in your chest during exercise?
- 5) Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?
- 6) Do you get light-headed or feel shorter of breath than your friends during exercise?

Additional Information

For additional information, please click on the link below for the British Journal of Sports Medicine's Infographic on Graduated Return to Play Guidance following COVID-19 infection

<https://bjsm.bmj.com/content/bjsports/early/2020/06/22/bjsports-2020-102637.full.pdf>

