

Return to activity progression after COVID19

Name: _____ DOB: _____

Provider: _____ Date: _____

This form is to be used as a general guideline for return to activity/sport following a positive COVID test and/or diagnosed with COVID like symptoms and has been quarantined due to this diagnosis. Athletes should not begin this return to play protocol until they have completed necessary quarantine, been symptom free for at least 72 hours and has documented MD clearance to return to sport. The goal is for the athlete to complete the prescribed work-out without any of the symptoms listed below. Ideally, a pulse oximeter should be used but if not available pulse should be measured before and after exercise and the attached Borg scale should be used to guide exercise intensity. If symptoms reoccur or increase, then there should not be advancement to the next stage. It is recommended the progression should be done with the assistance of a healthcare professional. If there are any questions, please call your provider or Athletic Trainer

Stage 1- 2 Days Minimum

*Light activity for 15 minutes or less
Intensity no greater than 70% of maximum heart rate
(e.g. walking, jogging, stationary bike).
No resistance training*

Date: _____ Supervised by: _____

Type of activity: _____

Symptoms (yes / no) _____, /_ O2 reading: _____

Borg Scale: _____ Pulse prior: _____ Pulse after: _____

Stage 2- 1 Day Minimum

*Light activity with simple movement activities
(e.g. running drills) for 30 minutes or less
Intensity no greater than 80% maximum heart rate.
No resistance training*

Date: _____ Supervised by: _____

Type of activity: _____

Symptoms (yes / no) _____, /_ O2 reading: _____

Borg Scale: _____ Pulse prior: _____ Pulse after: _____

Stage 3- 1 Day Minimum

*Progress to more complex training for
45 minutes or less
Intensity of no greater than 80% maximum heart rate.
May add light resistance training.*

Date: _____ Supervised by: _____

Type of activity: _____

Symptoms (yes / no) _____, /_ O2 reading: _____

Borg Scale: _____ Pulse prior: _____ Pulse after: _____

Stage 4- 2 Days Minimum

*Normal training activity for 60 minutes or less
Intensity no greater than 80% maximum heart rate*

Date: _____ Supervised by: _____

Type of activity: _____

Symptoms (yes / no) _____, /_ O2 reading: _____

Borg Scale: _____ Pulse prior: _____ Pulse after: _____

Stage 5- Return to Full Activity

Date: _____ Supervised by: _____

Type of activity: _____

Symptoms (yes / no) _____, /_ O2 reading: _____

Borg Scale: _____ Pulse prior: _____ Pulse after: _____

**If at any time during the return to play protocol the athlete develops any symptoms including palpitations, chest pain, shortness of breath out of proportion to intensity of exercise, lightheadedness, syncope, fatigue, pulse oximetry O2 reading of 93 or below, abnormal heart rate or blood pressure response to exercise or new heart murmur then athlete should discontinue protocol and be referred to MD for further work-up.

Borg Chart

RPE	Description	1-10Scale	% MaxHeartRate
8		2-3	60-70%
9	Very light		
10			
11	Light	4-6	70-80%
12			
13	Somewhat hard		
14		7-8	80-90%
15	Hard		
16			
17	Very hard	9	90-95%
18			
19	Extremely hard		
20	Max exertion	10	95-100%

*Rating of Perceived Exertion (RPE) is a subjective rating of effort on a scale from 1-20