



RETURN TO SPORTS AFTER COVID-19 Information for Parents/Guardians

If your child has been diagnosed with COVID-19, it is important that you talk to your child's doctor about when it is safe for your child to return to sports and if additional follow up or testing is necessary. While most cases of COVID-19 in children will be asymptomatic or mild, moderate and severe cases can occur. Cardiac testing before returning to sports should be considered in moderate cases (age 12 or older) and required in severe cases. Since COVID-19 has been linked to delayed inflammation of the heart muscle or myocarditis, the American College of Cardiology has developed guidelines for returning to sports after a COVID-19 infection.

Please read the following guidelines and discuss with your child's doctor.

If your child did not have symptoms:

- Your child should not return to sports until 14 days after receiving their COVID-19 positive test results.
- Medical clearance is required by your child's Licensed Health Care Provider (LHCP) for return to sports. See the *"Return to Sports After COVID-19 Medical Clearance Form"*

If your child had a mild illness (no fever and symptoms lasting less than 3 days):

- Your child should not return to sports until the quarantine period is complete and their COVID-19 symptoms have resolved for at least 14 days.
- Medical clearance is required by your child's Licensed Health Care Provider (LHCP) for return to sports. See the *"Return to Sports After COVID-19 Medical Clearance Form"*

If your child had a moderate illness (fever or other symptoms lasted for more than 3 days, but not sick enough to be hospitalized):

- Your child should not return to sports until the quarantine period is complete and their COVID-19 symptoms have resolved for at least 14 days.
- If your child is 12 or older, cardiac testing, such as EKG, may be recommended before they return to sports. *Abnormal cardiac testing requires cardiology consultation.*
- Medical clearance is required by your child's Licensed Health Care Provider (LHCP) for return to sports with possible cardiology consultation. See the *"Return to Sports After COVID-19 Medical Clearance Form"*

If your child was hospitalized:

- Your child should not return to sports until at least 14 days after their COVID-19 symptoms have resolved. Possible exercise restriction for 3-6 months.
- Your child must be cleared for return to play by a cardiologist.

IMPORTANT:

If your child develops shortness of breath, chest pain, palpitations, or excessive fatigue when returning to athletics, she should stop participation in sports and seek guidance from her Licensed Health Care Provider.