



As we prepare for the reintegration of athletics in our local schools, we are grateful for your care of student-athletes, and we value collaborating with you to ensure a safe return-to-activity for athletes who have tested positive for COVID-19.

The cardiovascular effects and long-term consequences of COVID-19 are currently unclear, and research efforts are ongoing. From other viral infections, we know viral replication can be enhanced during vigorous activity, potentially resulting in cardiac injury. Young healthy athletes who become infected with COVID-19 will typically experience mild symptoms or be asymptomatic. However, the risk of myocardial involvement cannot be excluded, even in asymptomatic athletes. Mild myocarditis that is asymptomatic at rest can still potentially lead to arrhythmias and cardiac arrest during sport. With these considerations, emerging evidence suggests a period of rest for athletes with COVID-19, followed by a graduated return-to-activity. The National Federation of State High School Associations (NFHS) and the American Medical Society for Sports Medicine (AMSSM) have issued the following guidance on return to athletics.

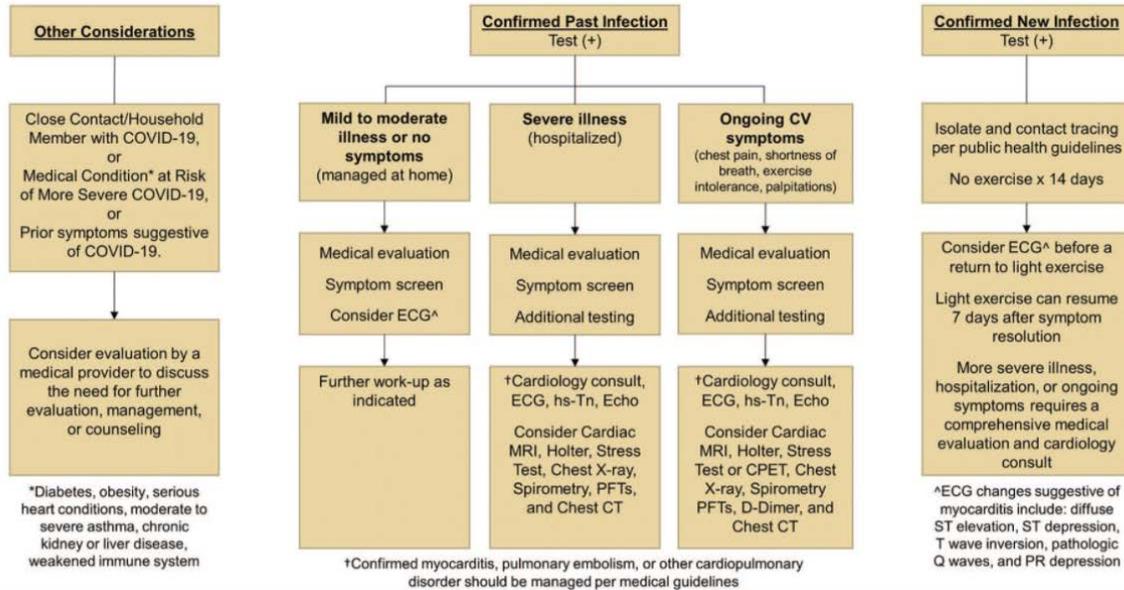
Athletes with a positive COVID-19 test may begin a return-to-activity progression when the following criteria are met:

- At least 14 days have passed since symptoms first appeared, or since the athlete first tested positive in an asymptomatic case
- AND at least 7 days have passed since resolution of symptoms, including but not limited to: fever (without the use of fever-reducing medications), cough, shortness of breath
- **AND athletes provide a written release for return-to-activity from their medical provider**
- AND isolation criteria per public health guidelines have been met

We have distributed these criteria, as well as a guideline for a suggested return-to-activity progression, to our athletic training colleagues in our local schools. As we are requesting a written release from each athlete's medical provider, we felt it invaluable to include your primary care group in our efforts to ensure a safe return to sport. For your information, we have included a flow chart below from the NFHS-AMSSM Guidance Statement which we find to be helpful in our decision-making.



## Cardiopulmonary Considerations for High School Student-Athletes during the COVID-19 Pandemic



Again, we are appreciative of your collaboration, and we welcome any questions or discussion regarding our shared student-athlete patient population.