Education and Leadership for a Lifetime

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To: **Athletic Administrators**

From: **League Staff**

Date: **October 14, 2020**

Re: **Post COVID – 19 Graduated Return to Sport Protocol**

The MSHSL Sports Medicine Advisory Committee, in collaboration with the MN Department of Health, have established the following **Post COVID – 19 Graduated Return to Sport Protocol**. When a student-athlete has been diagnosed with or has tested positive for COVID-19, a medical evaluation by a Qualified Medical Provider (MD/DO/PAC/ARNP) is highly recommended prior to returning to physical activity and team training. This protocol goes into effect, beginning on **October 19, 2020,** with new diagnoses of COVID – 19.

Attached you will find a two-part **Post COVID – 19 Graduated Return to Sport Form**. Student-athletes should provide a copy of this two-part form to their Qualified Medical Provider. The form is available on the League's website.

- **Part One** – Remains with the Qualified Medical Provider as part of the student's medical history.
- **Part Two** – Is completed by the Qualified Medical Provider and is given to the student to return to the school's athletic office. The form should be given to the Certified Athletic Trainer (ATC) to oversee. If an ATC is not available, the coach should oversee the 7-day Graduated Return to Sport Protocol.

It is strongly recommended that students complete the 7-day Graduated Return to Sport Protocol, outlined in Part Two, without developing chest pain, tightness, palpitations, light headedness, extreme fatigue, pre-syncope or syncope. If a student-athlete experiences fatigue or any of the previous symptoms during or following activity, they should stop all activity and return to their Qualified Medical Provider for an additional evaluation.

Collapse during activity should be considered a possible sudden cardiac arrest due to arrythmia. In this case the team's Emergency Action Plan should be enacted and an AED should be utilized.

2020-2021 MINNESOTA STATE HIGH SCHOOL LEAGUE

Post COVID-19 Graduated Return to Sport Protocol

THIS PAGE TO REMAIN IN THE MEDICAL RECORD AND DOES NOT GO TO THE SCHOOL

If an athlete has been diagnosed with or tested positive for COVID-19, medical evaluation by a Qualified Medical Provider (MD/DO/PAC/ARNP) is highly recommended prior to returning to physical activity and team training.

Student-Athlete Name: _____ DOB: _____/_____/_____

Sport: _____

Brief COVID-19 History

Date of Evaluation: ____/____/202___

Date of symptom onset: ____/____/202___

Date of Positive Test: ____/____/202___

❑ Positive test with no symptoms

❑ Positive test with ❑ mild ❑ moderate ❑ severe symptoms

Treated at ❑ home ❑ hospital ❑ ICU ❑ intubated

Criteria to Return (Please check below as applies)

❑ At least 14 days with no symptoms or fever (without fever reducing medications).

❑ Able to tolerate activities of daily living without cough, shortness of breath, or fatigue

❑ Cardiac screen (All answers below must be no)

- Chest pain/tightness with activities of daily living YES ❑ NO ❑
- Chest pain/tightness with exertion YES ❑ NO ❑
- Unexplained syncope or near syncope YES ❑ NO ❑
- Unexplained/excessive dyspnea or fatigue with exertion YES ❑ NO ❑
- Palpitations (skipped heart beats, racing heart) with activity YES ❑ NO ❑
- Heart murmur on exam YES ❑ NO ❑

NOTE: If a student-athlete has positive responses to any cardiac screening question or new heart murmur, had moderate to severe symptoms, or was hospitalized additional evaluation is recommended, which may include ECG, cardiac enzymes, CXR, Spirometry, PFTs, Echocardiogram, Chest CT Cardiac MR, and/or cardiology consult. The primary concern is CV19-induced myocarditis with scarring that may predispose to arrhythmia and sudden cardiac arrest. Please report any athletes with myocarditis to MDH at 651.201.5414 and with CV19 to MSHSL.

References: Drezner, et al. Cardiopulmonary Considerations for High School Student-Athletes During the COVID-19 Pandemic. Sports Health 2020; 12(5), 459-461. https://doi.org/10.1177/1941738120941490.

American Academy of Pediatric https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports

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2020-2021
MINNESOTA STATE HIGH SCHOOL LEAGUE

Post COVID-19 Graduated Return to Sport Protocol

THIS PAGE SHOULD BE GIVEN TO THE STUDENT-ATHLETE TO BRING TO THE SCHOOL ATHLETIC OFFICE

Student-Athlete Name: _____DOB: ____/_____/_____

❑ Athlete is Medically Eligible to begin the Graduated Return to Sport Protocol on: _____/_____/_____

❑ Athlete IS NOT medically eligible to return to activity and will be re-evaluated in

❑ 1 Week ❑ 2 Weeks

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____Office Phone: _____

Evaluator's Address: _____

Evaluator's Signature: _____

Graduated Return to Sport (GRTS) Protocol After COVID-19 Infection: Athletes should complete the progression below without developing chest pain, chest tightness, palpitations, lightheadedness, extreme fatigue, pre-syncope or syncope. If an athlete experiences fatigue or symptoms during or following activity, they should stop all activity and return to the physician for additional evaluation. Collapse during activity should be considered a possible cardiac arrest due to arrythmia triggered by myocardial scarring.

The following **7-day Graduated Return to Sport Protocol** is not proven but is based on the best evidence currently available to provide a gradual increase in cardiac load during return to physical activity. Some athletes may require longer times at each stage and if unable to progress, may require additional medical evaluation.

• **Stage 1: (2 Days Minimum)** Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.

• **Stage 2: (1 Day Minimum)** Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate

• **Stage 3: (1 Day Minimum)** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.

• **Stage 4: (2 Days Minimum)** Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate

• **Stage 5: (1 Day Minimum)** Return to Full Training Sessions without restrictions or limitations on intensity or duration.

• **Stage 6:** Medically ready for Full Participation in ALL Sports Activities (Minimum duration 7-days)

Reference: Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.

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