



Hilliard Bradley / Memorial COVID-19 Return to Activity Clearance Form



If an athlete/patient has tested positive for COVID-19, due to ODH and HCS requirements patient must have a cardiac clearance (from MD or DO) and follow a gradual progression back to activity monitored by the AT staff.

Patient Name _____ DOB _____

Date of Symptom Onset _____

Date of Positive Test _____

Criteria to return (Please check below as applies)

- ☐ At least 10 days have passed since symptom onset
- ☐ No fever of >100.4 for 24 hours+ without fever reducing medication and improvement of other symptoms
- ☐ Patient was not hospitalized due to COVID-19 infection
- ☐ Cardiovascular evaluation performed and considered negative for myocarditis (all answers must be no)

Chest pain/tightness	YES	NO
Unexplained syncope/near syncope	YES	NO
Unexplained/excessive dyspnea/fatigue with exertion	YES	NO
New palpitations	YES	NO
Heart murmur on exam	YES	NO

NOTE: If any cardiac screening question is positive or if patient was hospitalized, consider further workup as indicated (may include EKG, troponin check, ECHO, cardiac MR, cardiology consult)

Date of Examination: _____

- ☐ Patient HAS satisfied above criteria and IS cleared to begin return to activity progression
- ☐ Patient HAS NOT satisfied above criteria and IS NOT cleared to return to activity

Medical Office Information (Please Print/Stamp)

Physician Name _____

Office Address _____

Office Phone _____

Physician Signature _____

Return to Activity Progression after COVID-19 Diagnosis

Athletes/patients must complete the progression without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, syncope, or other COVID-19/cardiovascular related symptoms.

- Stage 1: (10 days minimum) Quarantine/Rest period
- Stage 2: (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 3A: (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 3B: (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: Resume normal training activity for entire practice session
- Stage 6: Return to competition