

Parents,

The following is a brief outline of the Hilliard City Schools District policy on the return to athletics following a confirmed COVID-19 diagnosis. ODH **requires all athletes**, regardless of being symptomatic or asymptomatic, to undergo a physical examination and **cardiac screening** before returning to any type of physical activity.

- Athletes will follow a gradual return to play protocol. The gradual return to play protocol cannot begin until the following parameters have been met
 - 10 days after symptom onset and 7 days symptom free
 - No fevers for 24 hours without the use of fever reducing medication
 - Submitted clearance letter from Franklin County Health Department and MD/DO physician clearance following physical examination and cardiac screening
- The return to play protocol includes a gradual acclimatization to exercise and sport activity over a minimum of 7 calendar days. See attachment for details.
 - This protocol will be supervised by the school's athletic trainer(s) and team physician
 - The athletic training staff will make every effort possible to have the athlete complete the protocol in as minimal days as possible. Due to practice schedules, game schedules, and off days the protocol may be delayed longer than 7 calendar days.

