



## NCISAA COVID-19 GRADUAL RETURN TO PLAY POST COVID-19 GUIDANCE

This guidance is aimed at student-athletes with mild to moderate symptoms of COVID-19. Student-athletes should follow local government and pediatrician's guidelines for management of symptoms including isolation and testing processes.

**The NCISAA Sports Medicine Advisory Committee strongly recommends that athletes who have more complicated infections (i.e. severe symptoms, underlying health conditions, family history, hospital intervention/support) have medical assessments done by their pediatrician before beginning the GRTP under medical supervision.**

Name of Student-Athlete: \_\_\_\_\_ Sport: \_\_\_\_\_

Date of First Symptoms: \_\_\_\_\_ Date of Positive COVID-19 Test: \_\_\_\_\_

Date of Return to School: \_\_\_\_\_

In order to begin the GRTP as stated below, the student-athlete **MUST** be at least 5 days since the first day of symptoms; **AND** it has been at least 24 hours since the person had a fever (without using fever reducing medicine); **AND** • other symptoms of COVID-19 are improving

**Stage 1 & 2: (2 Days Minimum) - 15 minutes or less:** Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. **NO** resistance training.

**Stage 3: (1 Day Minimum) - 30 minutes or less:** Add simple movement activities (eg. running drills) - intensity no greater than 80% of maximum heart rate.

**Stage 4: (1 Day Minimum) - 45 minutes or less-** Progress to more complex training - intensity no greater than 80% maximum heart rate. May add light resistance training.

**Stage 5 & 6: (2 Days Minimum) - 60 minutes -** Normal training activity - intensity no greater than 80% maximum heart rate.

**Stage 7: - Return to full activity/participation (ie, contests/competitions)**

Adopted from American Academy of Pediatrics: COVID-10 Interim Guidance: Return to Sports and Physical Activity, accessed 1/5/22  
<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

The student-athlete above has completed the GRTP plan as outlined below and now may return to full athletics participation.

\_\_\_\_\_  
Signature of Licensed Physician, Licensed Athletic Trainer, Licensed Physician Assistant,  
Licensed Nurse Practitioner (Please Circle)

\_\_\_\_\_  
Date