

Dear Parent or Guardian:

Your child, _____ (name), had a positive COVID-19 test, has had a physical examination by a pediatric health care provider and is now **cleared to begin gradual return to play** starting on _____ (date).

What that means:

GRADUAL RETURN TO PLAY			
Day	Duration	Activity Level	Notes From Your Pediatric Health Care Provider
Day 1 & Day 2	No more than 15 minutes	Light aerobic activity (brisk walking, jogging, stationary bike). No resistance training.	Feels easy to breathe
Day 3	No more than 30 minutes	Add simple movement activities, e.g. running drills	
Day 4	No more than 45 minutes	More complex training. May add light resistance training.	
Day 5 & Day 6	No more than 1 hour	Normal training activity	
Day 7	Full activity		

Adapted from Elliott N, Martin R, Heron N, et al. Br J Sports Med. doi:10.1136/bjsports-2020-102637

Your child should not start this schedule until they are completely symptom free during activities of daily living. Following a gradual return to play schedule allows time for any concerning symptoms of heart problems to be detected before they become serious. Even those with no symptoms from COVID could develop heart problems.

Red flags: If your child develops any symptoms below, **stop all activity** and see your pediatrician:

- chest pain especially with exertion or worse when laying down
- shortness of breath
- palpitations (heart beating funny)
- dizziness/fainting
- ongoing fatigue

Please feel free to contact us with any questions.

Sincerely,