

Dear Parent or Guardian:

Your child, \_\_\_\_\_ (name), had a positive COVID-19 test, has had a physical examination by a 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	Objectives
Day 1	Mo more than 15 minutes	Light aerobic activity (brisk walking, jogging, stationary bike). No resistance training.	Gradual increase in heart rate. Feels easy to breathe.
Day 2	No more than 30 minutes	Add simple movement activities, e.g. running drills	Increase in exercise frequency and duration.
Day 3	No more than 45 minutes	More complex training. May add light resistance training.	Increase in exercise intensity; restoration of functional skills.
Day 4	No more than 1 hour	Normal training activity	Gradual resumption of standard fitness routine.
Day 5	Return to full activity		

*Elliott N, Martin R, Heron N, et al. Infographic. Graduated return to play guidance following COVID-19 infection. Br J Sports Med 2020; 54:1174*

**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 lying down
- Shortness of breath
- Palpitations (heart beating funny)
- dizziness/fainting
- Ongoing fatigue

Please feel free to contact me with any questions.

*Jordan Sliwoski - Millbury HS Athletic Trainer*