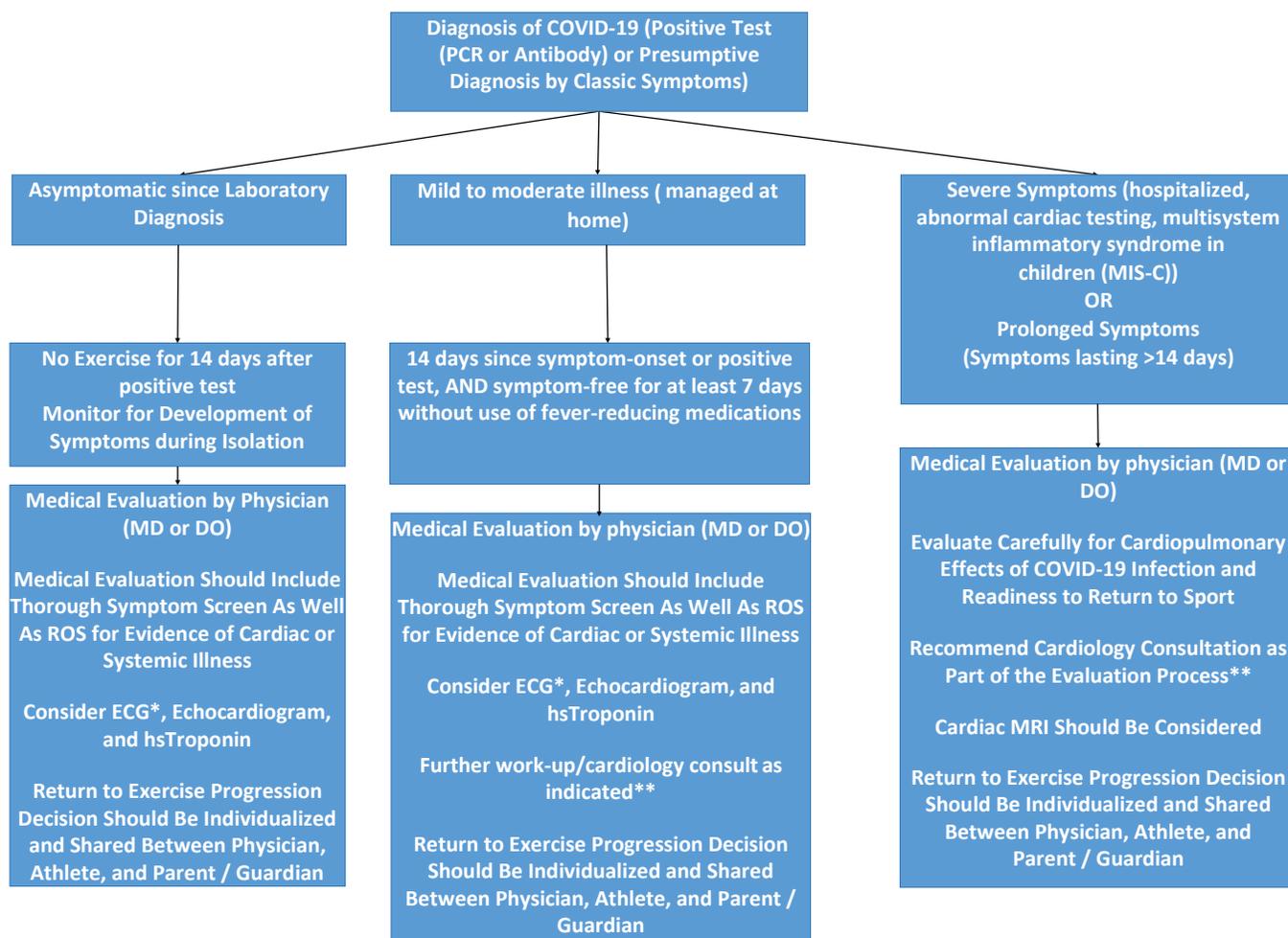


KMA Committee on Sports Medicine COVID-19 Medical Evaluation and Return-to-Activity Guidance for Middle and High School Student-Athletes



1) Drezner J.A., et al. (2020). Cardiopulmonary Considerations for High School Student-Athletes During the COVID-19 Pandemic: NFHS-AMSSM Guidance Statement." *Sports Health Available Free Online at <https://journals.sagepub.com/doi/full/10.1177/1941738120941490>. (Updated August 2020)*

2) Cardiac Considerations for Student-Athletes during the COVID-19 Pandemic Available Free Online at https://www.amssm.org/Content/pdf_files/COVID19/NCAA-COVID-19-Algorithm-12-AUG-2020.pdf

* ECG changes suggestive of myocarditis include: diffuse ST elevation, ST depression, T wave inversion, pathologic Q waves, and PR depression

**Testing considerations: ECG, hs-Tn, Echo, Cardiac MRI, Holter, Stress test, Chest X-ray, Spirometry, PFTs, D- dimer, and Chest CT as Indicated

**KMA Committee on Sports Medicine:
Return to Activity (RTA) Protocol After COVID-19 Infection**

Any return to play should be preceded by a gradual and progressive return to physical exertion. Athletes should complete the progression below without the development of cardiopulmonary symptoms (chest pain, chest tightness, palpitations, shortness of breath, excessive fatigue, lightheadedness, pre-syncope, or syncope). Monitor the student-athlete closely for the development of any symptoms during this active progression. If any symptoms develop, the athlete should stop exertion immediately and be referred back to the evaluating physician for consideration of additional evaluation, including cardiology consultation, before resuming activity.

- **Step 1: (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
- **Step 2: (1-day minimum)** Add simple movement activities (For example, running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- **Step 3: (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.
- **Step 4: (2-days minimum)** Normal training activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- **Step 5: Return to full activity**

**RTA Protocol adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.*

Disclaimer: This document is provided for physicians who may evaluate and treat student-athletes diagnosed with COVID-19 infection. The information contained herein is based on the compilation and summary of expert recommendations of national and international sports medicine organizations.

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