



GRAYSLAKE COMMUNITY HIGH SCHOOL DISTRICT #127

Policy for Return to Play/Participation After COVID-19 Infection

The following is to help D127 student-athletes and Life Fitness students make a safe return to play (RTP)/participation following a COVID-19 infection. Students who test positive must quarantine following the current guidelines established by the Center for Disease Control & Prevention (CDC), Illinois Department of Public Health (IDPH) and in collaboration with Lake County Health Department. Students must then be released by a physician before returning to activity.

Most high school athletes who have been infected with COVID-19 will experience only mild symptoms or remain asymptomatic and the overall risk of developing cardiovascular conditions is extremely low. Recent research by the American Academy of Pediatrics has shown there may be a risk of developing cardiac conditions weeks or months following COVID-19 infections where moderate to severe symptoms are experienced. Individuals who test positive, have had moderate to severe symptoms, or have been hospitalized, are at the highest risk of developing myocarditis (inflammation of the heart). Student-athletes are advised to consult their primary physician to determine if additional heart screening tests or a gradual return to play exercise progression is needed to safely return to sports.

All students should return to participation gradually and should work with their physician to determine at what level to begin their RTP. This progression will be done under the supervision of a D127 Certified Athletic Trainer (ATC) or school nurse. If any symptoms develop during the student's RTP, they should immediately stop all activity and return to their physician for reassessment.

The Illinois High School Association (IHSA) has recommended the following to help athletes and coaches make a safe return to participation.

- Athletes who test positive must quarantine for their prescribed number of days and be released by a physician before returning to play.
- All athletes should return to play gradually and work with their physician to determine at what level.
- When possible, the progression should be done under the supervision of an athletic trainer, school nurse, or other appropriate health care provider.
- If any symptoms develop during the athlete's return to play progression, they should stop activity and return to their physician for reassessment.
- The entire return to play is all at the discretion of the prescribing physician.

District 127 will require any student who participates in athletics or any life fitness class to complete the *Return to Play(RTP) Procedures After COVID-19 Infection* form.

District 127 will require this form to be completed only by a physician licensed to practice medicine in all of its branches in Illinois (MD/DO), Advanced Practice Nurse (APN), or Physician's Assistant (PA).

District 127 will require a student returning to athletics to be supervised through any prescribed RTP progression program. Students returning to Life Fitness will work on their RTP with their instructor with supervision provided by a school nurse.

District 127 will allow a student to complete any initial stage (Stage 1 or 2) of the progression remotely at the discretion of the ATC or school nurse as long as proper communication regarding expectations is thoroughly explained to the student and a parent or legal guardian.

District 127 reserves the right to pause this RTP progression at any time for issues needing physician clarification.

Additional Resources

RTP Procedure adapted from Elliot N, et al. Infographic. British Journal of Sports Medicine, 2020

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

<https://jamanetwork.com/journals/jamacardiology/fullarticle/2772399>

<https://www.ihsa.org/documents/CovidGuidelines/Return%20to%20Play%20Procedures%20After%20COVID19.pdf>



GRAYSLAKE COMMUNITY HIGH SCHOOL DISTRICT #127
Return to Play(RTP) Procedures After COVID-19 Infection

The following is to help D127 student-athletes and Life Fitness students make a safe return to play/participation following a COVID-19 infection. Students who test positive must quarantine following the current guidelines established by the Center for Disease Control & Prevention (CDC), Illinois Department of Public Health (IDPH) and in collaboration with Lake County Health Department. Students must then be released by a physician before returning to activity.

All students should return to participation gradually and should work with their physician to determine at what level to begin their RTP. This progression will be done under the supervision of a D127 Certified Athletic Trainer (ATC) or school nurse. If any symptoms develop during the student's RTP, they should immediately stop all activity and return to their physician for reassessment. The Illinois High School Association (IHSA) has recommended the following to help athletes and coaches make a safe return to participation.

STAGE	Minimum # of Days	Examples of Stage Appropriate Exercise	Intensity Level	Duration
1. LIGHT ACTIVITY	2	Walking, Jogging, Stationary Bike --NO resistance training--	Light	15 minutes or less
2. MODERATE ACTIVITY	1	Add simple movement activities (E.G. running drills)	Moderate	30 minutes or less
3. COMPLEX ACTIVITY	1	Complex sport-specific exercise --may add light resistance training--	Moderate	45 minutes
4. NORMAL TRAINING ACTIVITY	2	Full contact training drills and intense aerobic activity	Moderate progressing to High	60 minutes
5. RETURN TO PLAY		RETURN TO FULL ACTIVITY		

TO BE COMPLETED BY APPROPRIATE HEALTH CARE PROVIDER

- Physician licensed to practice medicine in all its branches in Illinois (MD/DO)
 -- Advanced Practice Nurse (APN) -- Physician Assistant (PA) -- Certified Athletic Trainer (ATC)

Date of Positive Test _____

Date of Symptom Resolution _____

COVID-19 Symptoms during infection

- Asymptomatic
- Mild
- Moderate
- Severe

- Begin RTP as indicated
- NO RTP – Further Testing Required
- Other Referral: _____

May Begin RTP at Stage:

- STAGE 1 – Light Activity
- STAGE 2 – Moderate Activity
- STAGE 3 – Complex Activity/Sport-Specific
- STAGE 4 – Normal Activity Level
- STAGE 5 – FULL RTP/No Restrictions

- Comments: _____

 Print Physician Name/Office Stamp

 Physician Signature (MD/DO)

 Date

I have discussed this plan with the physician and understand the process for Return to Play after a COVID-19 infection.

 Athlete's Name (printed)

 Athlete's Signature Date

 Parent's Signature Date

Additional resources for providers:

<https://www.ihsa.org/documents/CovidGuidelines/Return%20to%20Play%20Procedures%20After%20COVID19.pdf>

RTP Procedure adapted from Elliot N, et al. Infographic. British Journal of Sports Medicine, 2020