

Saint Raphael Academy Athletics

COVID Return to Play Protocol

Has/Had your child reported any of the following Red Flag Symptoms listed below while they were in quarantine diagnosed with COVID-19?

RED FLAG SYMPTOMS:

Chest pain, shortness of breath out of proportion to upper respiratory infection, new-onset heart palpitations, or fainting/dizziness.

YES _____ NO _____

If yes, please list which symptoms below:

If your child **hasn't/never** reported any of the red flag symptoms listed above, they must start the following COVID-19 Return to play protocol starting in **STAGE GREEN**.

If your child **has/had** reported any of the red flag symptoms listed above, while they were in quarantine diagnosed with COVID-19, they must start the following COVID-19 return to play protocol starting in **STAGE YELLOW**.

STAGE GREEN

(If at any time during stage green the athlete reports or demonstrates any signs of Red Flag Symptoms, they must proceed to STAGE RED.)

Athletes will complete 2 full practice sessions prior to returning to a game/match. Red Flag symptoms will be monitored during the practice session by periodic check-ins and self-reporting from athletes.

STAGE YELLOW

(If at any time during stage yellow the athlete reports or demonstrates any signs of Red Flag Symptoms, they must proceed to STAGE RED. If no Red Flag Symptoms are reported they must complete STAGE GREEN.)

PHASE 1: Day 1 and Day 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.

PHASE 2: Day 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 RED

(If athlete continues to have any Red Flag Symptoms with physical activity, a visit with primary care physician is necessary)

PHASE 1: Day 1 and Day 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.

PHASE 2: Day 3 - (1 Day Minimum) - 30 minutes or less: Add simple movement activities (eg. Running drills) - intensity no greater than 80% of maximum heart rate.

PHASE 3: Day 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.

PHASE 4: Day 5 and Day 6 - (2 Days minimum) - 60 minutes: Normal training activity – intensity no greater than 80% max heart rate.

PHASE 5: Day 7 – Return to full activity/participation (ie contest/competitions)

I Agree with and understand the above protocols and procedures listed above being put forth by the Saint Raphael Academy Athletics Department.

Parent Signature: _____ **Date:** _____