

Sports Medicine Return to Athletics Form

Today's Date: _____

Athletes Name: _____

DOB: _____

Sport: _____

Covid-19 Recommended Gradual Return to Play

The MSHSL has put together a highly recommended process/protocol for athletes after they test positive for COVID. It would include a medical exam by a physician and a 7 day gradual return to play after the 10 day quarantine period. This is somewhat similar to the Return to Play protocol after an athlete has a concussion.

This was created due to Cardiac concerns after having Covid-19. Research shows that the virus can cause injury to the lungs and heart that could damage the heart muscle, making it harder for the heart to work properly, and could ultimately end in cardiac arrest. The return to play protocol is an effort to try and catch any of the symptoms of Myocarditis/Cardiomyopathy before they return to full activity.

We know that not every person who gets Covid-19 will suffer from this possible complication. However, this is one way we can try to catch or prevent serious injury. With that said, if you do not want your child to complete this process please complete the bottom of this form, sign and return.

- ☐ I hereby certify that I was given a copy of the [MSHSL's return to play program](#) after a positive COVID-19 Diagnosis
- ☐ I hereby certify that I am choosing not to have my child participate in the MSHSL's recommended gradual return to play program after a positive Covid-19 diagnosis.

Parent/Guardian Signature