

Westhill Central School District

Return to Play progression Following a COVID-19 Diagnosis

Athletes must complete the progression below, if required by their physician, under supervision of the athletic trainer or other qualified school personnel, without the development of palpitations, chest pain, shortness of breath out of intensity of exercise, lightheadedness, syncope, fatigue, or abnormal heart rate. If any of the above symptoms should occur during the return to play process the athlete should discontinue protocol and be referred back to the evaluating provider.

Stage 1 – 2 Days Minimum

Light activity for 15 minutes or less (walking, jogging, stationary bike)
Intensity no greater than 70% of maximum heart rate
No Resistance Training

Stage 2 – 1 Day Minimum

Light activity with simple movement activities for 30 minutes or less (running drills)
Intensity no greater than 80% of maximum heart rate
No Resistance Training

Stage 3 – 1 Day Minimum

Progress to more complex training for 45 minutes or less
Intensity no greater than 80% of maximum heart rate
May add light resistance training

Stage 4 – 2 Days Minimum

Normal training activity for 60 minutes or less
Intensity no greater than 80% of maximum heart rate

Stage 5 – Return to Full Activity/Competition

Name: _____

DOB: _____

Release from isolation date: _____

Date of physician's release: _____

Stage	Date	Activity Notes	Symptoms
Stage 1			
Stage 1			
Stage 2			
Stage 3			
Stage 4			
Stage 4			
Stage 5			

Cleared for Full Participation by Athletic Trainer: _____