

Cardiac Assessment/Release for Return to Activities (PE and Sports)

Name: _____ DOB: _____

School: _____

Date of onset of Covid symptoms: _____

Date of positive test: _____

Date of resolution of Covid symptoms: _____

1. Systemic symptoms for 4 days or more (fever > 100.4, myalgia, chills, profound lethargy) No Yes
2. Hospitalization due to Covid symptoms? No Yes
3. H/O cardiac abnormalities and/or followed by cardiology? No Yes

Recent symptoms:

4. Chest pain at rest or with exertion (not musculoskeletal or costochondritis)? No Yes
5. Shortness of breath with minimal activity (unrelated to respiratory symptoms)? No Yes
6. Excessive fatigue with exertion? No Yes
7. Abnormal heartbeat or palpitations? No Yes
8. Syncope or near-syncope? No Yes

Normal cardiovascular examination? No Yes

Cardiac referral indicated? No Yes

Cleared for gym/sports WITHOUT gradual return to play progression protocol? No Yes

Cleared for gym/sports WITH gradual return to play progression protocol? No Yes

See Back of Sheet for evidenced-based return to play progression
(adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020)

Medical Provider Printed name: _____

Provider Signature: _____

Practice Name: _____

Practice Address: _____

Phone: _____

Fax: _____

Suggested Return to Play Progression

Individual should be symptom-free before progressing to the next level

Stage 1: Days 1 and 2 - 15 minutes or less:

Light activity (walking, jogging, stationary bike), intensity no greater than 70% maximum heart rate (MHR). NO resistance training.

Stage 2: Day 3 – 30 minutes or less:

Add simple movement activities (e.g. running drills) – intensity no greater than 80% MHR. NO resistance training.

Stage 3: day 4 – 45 minutes or less:

Progress to more complex training – intensity no greater than 80% MHR.
May add light resistance training.

Stage 4: Days 5 and 6 – 60 minutes:

Normal training activity – intensity no greater than 80% MHR

Stage 5: day 7

May return to full activity