



Returning to Sports – Post COVID-19 Diagnosis

Aurora Sport Health wants to keep all student athletes safe and healthy. With the ongoing COVID-19 concerns, we have had discussions with our medical leadership, reviewed available research, and consulted with state & national athletic organizations to put together the following guidelines for athletes to return to sport:

1. Must complete the school's quarantine period and have fully returned to all academic schedules/demands.
2. Athlete must be seen by their primary care physician to be cleared for physical activity without restrictions.
3. The physician is to review and sign the WIAA return to play form (link below) before supervised strength & conditioning is initiated (i.e. progressing full return to sport targets).
 - <https://www.wiaawi.org/Portals/0/PDF/Health/Covid/WIAA-Fall-Sports-Medical-Clearance.pdf>
4. Activity progression is to be supervised by the Athletic Trainer and/or coach to progress exercises appropriately and monitor overall tolerance.
5. If at any time there are concerns or issues relating to the athlete's tolerance to activity progression or return of symptoms, the physician will be contacted to review these concerns for possible follow-up appointment or modifications to the return to play plan.
6. Return to competition comes only after full team practice and strength & conditioning program has been resumed without issue.

Should the student athlete not have a primary care physician the Athletic Trainer will work with the parent/guardian to find a physician to help secure a timely appointment.

Suggested Resources (info is updated as it becomes available):

- <https://www.wiaawi.org/Health/COVID-19-Resources>
- <https://www.nfhs.org/media/4029935/cardiopulmonary-considerations-nfhs-amssm-guidance-statement-final-july-2020.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>