



Return to sports/activities/gym Post Covid-19 Diagnosis

As recommended by the American Academy of Pediatrics, any student who has tested positive for Covid-19 and recovered, must be cardiac cleared by their primary care physician prior to returning to all sports, activities and gym. They also must be at least 14 days post-recovery to participate.

“All patients who have been infected with SARS-CoV-2 or with exposure to SARS-CoV-2, regardless of symptoms, **require a minimum 14-day resting period and must be completely asymptomatic for greater than 14 days before returning to exercise and/or competition**. They also should be cleared for participation by their primary care physician . Any COVID-19-positive individual who has a history of or current cardiac symptoms or has any cardiac findings on examination is recommended to seek cardiac clearance by the primary care physician, who is encouraged to collaborate with a pediatric cardiologist as necessary prior to participation.”

<https://www.aappublications.org/news/2020/09/18/covid19sportsguidance091820>

<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

*****THIS DOES NOT NEED TO BE FILLED OUT TO RETURN TO SCHOOL. BUT MUST BE FILLED TO RETURN TO SPORTS/GYM/RECESS *****

Student: _____ Grade: _____

Parent Signature: _____

I certify that the above named student is cardiac and medically cleared to participate in sports and exercise activities in school.

Physician Print Name: _____

Physician Signature: _____

Date: _____