



CIF Recommended Evaluation & Cardiac Testing for COVID-19 (+) Athletes Returning to Education-Based Athletics

Applies to athletes \leq 18 years old

Grading severity of illness

- **Asymptomatic**
 - + COVID test, no symptoms

- **Mild (usually \leq 3 days)**
 - Loss of taste/smell (can last $>$ 3 days, and often weeks to months)
 - Cough (residual dry cough can last $>$ 3 days, and often weeks)
 - Sore throat
 - Congestion
 - Nausea/vomiting
 - Abdominal pain
 - Diarrhea
 - Fatigue
 - Headache
 - Fever +/- chills

- **Moderate**
 - Cardiopulmonary symptoms
 - § Shortness of breath
 - § Chest pain/pressure/tightness
 - § Palpitations
 - § Fainting
 - Central nervous system
 - § Prolonged headache
 - Systemic symptoms
 - § Prolonged fever +/- chills ($>$ 3 days)
 - § Prolonged fatigue ($>$ 3 days)

- **Severe**
 - Any hospitalization
 - New or recurrent symptoms concerning for multisystem inflammatory syndrome in children (MIS-C)
 - § Fever, rash, abdominal pain, vomiting, diarrhea, lethargy, and conjunctivitis
 - § Possible to appear weeks after infection or even without previous known infection



If COVID-19 (+) Within the Prior 3 Months

Asymptomatic [COVID(+) test only]

- No testing needed
- Needs medical clearance before beginning GRTP [may be virtual if pre-participation evaluation (PPE) previously done]

Mild to Moderate

- Needs medical evaluation and clearance before beginning GRTP
- Strongly consider ECG, troponin, and echocardiogram in athletes with history of moderate disease symptoms, especially if cardiopulmonary symptoms present
 - If any abnormal testing, refer to Cardiology

Severe

- Needs medical evaluation and clearance before beginning GRTP
- Typically evaluated by Cardiology during hospitalization; strongly encourage outpatient Cardiology evaluation if not done in hospital
 - ECG, troponin, and echocardiogram at minimum
 - Additional testing performed as needed

Athlete aged ≤ 18 years old and COVID-19 + in the last 3 month

Asymptomatic

Requires medical clearance (may be virtual) to begin GRTP*

No additional testing necessary

***GRTP = graduated return to play**

Symptomatic (Mild/Moderate)

Needs medical evaluation and clearance to begin GRTP*

Strongly encourage cardiac testing (e.g., ECG, troponin, echocardiogram) for moderate illness, including the following symptoms, and referral to Cardiology for any abnormalities:

- Fever > 3 days
- Cardiopulmonary symptoms
- Hypoxia (O2 sat < 95%)
- Prolonged symptoms (other than loss of taste/smell or dry cough)

Severe Illness

1. Any Hospitalization
2. Concern for MIS-C

Needs medical evaluation and clearance to begin GRTP*

Recommend Cardiology consultation (if not done during hospitalization)

Needs cardiac testing (e.g., ECG, troponin, echocardiogram) at minimum.

If COVID-19 (+) More Than 3 Months Ago

Severe Illness

- Needs medical evaluation and clearance before beginning GRTP

If asymptomatic, mild or moderate illness and has regained fitness/back to full exercise without symptoms

- Meet school/district requirements e.g., routine PPE, medical clearance letter