



COVID19 Return to Play/PE/Sports Clearance Form

Adapted from Yale-New Haven Children's Hospital, Section of Pediatric Cardiology

Based on [AAP Guidance on "Return to play after COVID-19 infection"](#)

NAME: _____ DOB: _____

COVID19 POSITIVE TEST DATE: _____

SYMPTOM RESOLUTION DATE: _____

EXAM DATE (VIA TELEMEDICINE OR IN OFFICE) _____

RISK CATEGORY (SELECT ONE):

ASYMPTOMATIC

MILD

MODERATE

SEVERE

- Mild = < 4 days of fever (100.4 or more), fatigue, chills, myalgias/muscle aches
- Moderate = 4 days or more of fever (100.4 or more), fatigue, chills, myalgias/muscle aches
- Severe = MIS-C, cardiac abnormalities, hospitalization

SYMPTOMS WITH DURATION:

Known heart disease: Y N

(If yes, contact office of primary cardiologist for clearance)

Other significant past medical history: _____

FOLLOWING RESOLUTION OF COVID19 INFECTION, HAS THE PATIENT HAD:

- | | | |
|--|---|---|
| • Chest pain/discomfort/tightness/pressure | Y | N |
| • Unexplained syncope or near syncope | Y | N |
| • Unexplained shortness of breath or fatigue | Y | N |
| • Palpitations | Y | N |

FOR PATIENTS REQUIRING IN OFFICE PHYSICAL EXAM, HAS THE PATIENT HAD:

PHYSICIAN WILL NOTE "N/A" IF NON-APPLICABLE:

- | | | |
|--|---|---|
| • Abnormal cardiac findings (murmur, gallop, etc.) | Y | N |
| • Hepatomegaly | Y | N |
| • Abnormal pulmonary findings | Y | N |
| • Swelling/edema | Y | N |

Do you have any other concerns about the patient returning to play? Y N

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If your child was asymptomatic or only had mild disease, and all the above are “No,” your child may be cleared to return to play without a pediatric cardiology referral or any specific cardiac testing. Timing of return to play should be 7 days from the positive test and at least 72 hours (3 days) from symptom resolution. Your child should “self-limit” and pursue activities and sports as he or she feels able and comfortable. Please contact our office if your child has any worrisome symptoms or complaints.

CLEARANCE DATE TO RESUME PE & SPORTS ACTIVITIES: _____

(Please note: If your child experienced moderate symptoms during COVID19 infection, developed severe disease, or has had any worrisome cardio-pulmonary symptoms, our pediatricians will provide you with guidance on any necessary testing and/or pediatric cardiology follow up).

Please reach out to us with any additional questions or concerns.

Sincerely,

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