

# MSHSAA – COVID-19 RETURN TO PLAY FLOWCHART

ATHLETE WITH COVID-19 POSITIVE TEST WITHIN THE LAST 2 MONTHS

Remains  
**Asymptomatic**

Athlete had **Mild\*** symptoms but has been without fever for 24 hours and all other symptoms improving.

\*Mild Symptoms: <4 days of fever >100.4°F, <1 week of myalgia, chills or lethargy

\*\*Adapted from the American Heart Association Pre-Screening of Competitive Athlete Recommendations<sup>2</sup>

- Chest pain/tightness with exercise
- Syncope/near syncope that is unexplained
- Unexplained or excessive shortness of breath with exertion
- New Palpitations
- Persistent fatigue

\*\*\*Medical providers should take into consideration the intensity level of sport participation and exercise to help guide their decision to pursue additional evaluation.



At least 5 days from start of symptoms **OR**  
at least 5 days from positive test but was without symptoms  
**-AND-**  
Medical Screening\*\* by an MD/DO/PAC/ARNPR **OR** Athletic Trainer\*\*\*

Positive  
Screen questions  
or  
patient with > mild  
symptoms

Further work-up as indicated by primary care  
clinician

Negative  
Screen

**\*\*\*Gradual Return to Play\*\*\***  
Gradual reintroduction of physical activity earliest by day 6  
**Athlete must wear mask days 6-10 when in close proximity to others**

Worsening or ongoing concerning symptoms,  
(chest pain, chest tightness, palpitations,  
lightheadedness, pre-syncope or syncope,  
excessive fatigue)  
**- OR -**  
Exercise related symptoms after returning to play

## Return to Play (RTP) Procedures After COVID-19 Infection

