

## Graduated Return to Play (GRTP) – Athletes Returning to Play after COVID-19 (IESA/IHSA sports)

Stage	Day	Amount of allowed practice time	Recommended Activity	% Maximum Heart Rate <small>&lt; 18 years of age - 200 = max HR                      ≥ 18 years of age - 220-age = max HR</small>
<b>0</b>	COVID-19 <i>isolation clearance</i> from local health department (10 days have passed from date of first symptom, all symptoms improving, 24 hours symptom free off-fever reducing medications) <b>AND</b> return to <i>play clearance</i> from physician (PCP for mild symptoms, cardiologist for moderate to severe symptoms) <b>AND</b> athlete is asymptomatic when performing normal activities of daily living.			
<b>1</b>	<b>Days 1 and 2</b>	<b>≤ 15 min</b>	Light activity (walking, light jogging, stationary bike). <b>NO</b> resistance training.	<b>&lt; 70% (140 bpm)</b>
<b>2</b>	<b>Day 3</b>	<b>≤ 30 min</b>	Add simple movement activities (eg. running drills). No resistance training.	<b>&lt;80% (160 bpm)</b>
<b>3</b>	<b>Day 4</b>	<b>≤ 45 min</b>	Progress to more complex training. May add light resistance training.	<b>&lt;80% (160 bpm)</b>
<b>4</b>	<b>Days 5 and 6</b>	<b>≤ 60 min</b>	Normal training activity.	<b>&lt;80% (160 bpm)</b>
<b>5</b>	<b>Day 7</b>	<b>Entire practice/game</b>	Return to full activity/participation including games/competitions	<b>100% (200 bpm)</b>
<ul style="list-style-type: none"> <li>Some athletes take over 3 weeks to recover.</li> <li>If symptoms start or re-occur (including excessive fatigue) while going through GRTP, consider returning to the previous stage and progress again after a minimum of 24 hours rest without symptoms. Re-evaluation may be necessary.</li> <li>Athletes diagnosed with COVID-19 and who have medical conditions such as diabetes, cardiovascular disease or renal disease may need extended rest or testing prior to commencing GRTP.</li> </ul>				

The following gradation was adapted from American Academy of Pediatrics guidelines and British Journal of Sports Medicine

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

<https://bjsm.bmj.com/content/54/19/1174>

<https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>

<https://jamanetwork.com/journals/jamacardiology/fullarticle/2772399>

<http://dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>

<https://www.ihsa.org/documents/CovidGuidelines/Return%20to%20Play%20Procedures%20After%20COVID19.pdf>

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