

## **Gradual Return to Activity Protocol after COVID-19 Infection**

For use in children 12 years and older, children less than 12 years old may return to physical activity as tolerated

**Asymptomatic/ Mild Case:** Minimum 1 Day symptom free (excluding loss of taste/smell)

**Stage 1 (1 Day):** Light practice related activities

**Stage 2 (1 Day):** Normal / Unrestricted practice activities (no game play prior to day 3)

**Stage 3:** Return to unrestricted game play

*\*A mask is required for all game/practice activities until 10 full days from symptom onset or + test.*

**Moderate Case:** Minimum 1 Day symptom free (excluding loss of taste/smell) and a minimum of 4 days of gradual increase in physical activity

**Stage 1 (1 Day) – 20-30 minutes:** Light activity (walking, jogging, stationary bike)

**Stage 2 (2 Days):** Light practice related activities

**Stage 3 (1 Day) -** Normal / Unrestricted practice activities (no game play prior to day 5)

**Stage 4 –** Return to unrestricted game play

*\*A mask is required for all game/practice activities until 10 full days from symptom onset or + test.*

Notes: If COVID-19-related symptoms develop with the resumption of activity at any time, (i.e. shortness of breath out of proportion for recent upper respiratory tract infection, chest pain, new syncope or new palpitations), it is recommended to immediately stop exercise, and advise family to be seen by their healthcare physician. Physician clearance will be needed before return to activity.