

# Pediatric Associates of Western Connecticut

## Return to Play Protocol S/P COVID-19

The following progression was adapted from *AAP COVID-19 Interim Guidance: Return to Sports and Physical Activity* by Anna Zuckerman, MD, FAAP and Jonathan Flyer, MD, FAAP, FACC:

**At any given stage, patient may progress to the next stage if they remain asymptomatic. If patient develops symptoms at any stage, discontinue all athletic activity immediately and direct patient to follow up with their primary care provider. If your sport doesn't allow mask wearing during practices, games, scrimmages or competitions you may not return to play until Day #11.**

### **Asymptomatic/Mild:**

- 5-day isolation
- Minimum 1 day symptom free (excluding loss of taste/smell)
- 2 days of increase in physical activity
  - One light practice
  - One normal practice
- No games before day #3 after isolation
- Mask required for ALL physical activity until 10 full days from + test or symptom onset have passed.

### **Moderate:**

- 5-day isolation
- Minimum 1 day symptom free (excluding loss of taste/smell)
- 4 days of gradual increase in physical activity
  - One light cardio workout on own
  - Two light practices
  - One full practice
- No games before day #5 after isolation
- Mask required for ALL physical activity until 10 full days from + test or symptoms onset have passed.

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