

What's the Nature of the Athlete?

RECREATIONAL ATHLETE

- Athletes can be any age, but are usually younger
- Activity tends to **NOT** require cardiovascular endurance
- Activity tends to devalue importance of training or practice
- Athletes can determine their own level of physical output

WHAT TYPE OF SYMPTOMS
DID COVID CAUSE?

1. NO SYMPTOMS/ASYMPTOMATIC

- **10** days without cardiovascular exercise/isolation
- No additional evaluation or cardiac work-up is necessary
- Call CH Cardiology for further questions

2. MILD SYMPTOMS (Cold **WITH** <48hr fever & flu-like aches)

- **10** days without cardiovascular exercise/isolation
- No additional evaluation or cardiac work-up is necessary
- Call CH cardiology for further questions

3. MODERATE SYMPTOMS (Cold **WITH** >48hrs fever/flu-like aches)

- **14** days without cardiovascular exercise/isolation
- Recommend PCP evaluation & clearance
 - No additional cardiac work-up is necessary
- Monitor for new symptoms or cardiovascular issues
- Call CH cardiology for further questions

4. SEVERE SYMPTOMS (Resp. Distress/ Hosp/ Cardiac Involvement)

- Cardiology consult and clearance is required

COMPETITIVE ATHLETE

- Athletes tend to be >13-14yr age
- Activity tends to require cardiovascular endurance
- Activity tends to value importance of training or practice
- Athletes are frequently "pushed" to limits by coach

WHAT TYPE OF SYMPTOMS
DID COVID CAUSE?

1. NO SYMPTOMS /ASYMPTOMATIC

- **10** days without cardiovascular exercise/isolation
- Recommend PCP evaluation & clearance
 - No additional cardiac eval. or work-up is necessary
- Monitor for new symptoms or cardiovascular issues
- Call CH cardiology for further questions

2. MILD SYMPTOMS (Cold **WITH** <48hrs fever & flu-like body aches)

- **10** days without cardiovascular exercise/isolation
- Recommend PCP evaluation & clearance
 - Call CH cardiology for further testing or questions
- Monitor for new symptoms or cardiovascular issues
- Call CH cardiology for further questions

3. MODERATE SYMPTOMS (Cold **WITH** >48hrs fever & flu-like aches)

- **14** days without cardiovascular exercise/isolation
- Cardiology evaluation with ECG/Troponin/Echo and clearance
- Monitor for new symptoms or cardiovascular issues

4. SEVERE SYMPTOMS (Resp Distress/ Hosp/ Cardiac Involvement)

- Cardiology consult and clearance is required