

## What’s the Nature of the Athlete?



**NON-COMPETATIVE/RECREATIONAL**

- 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

**COMPETITIVE LEVEL ATHLETE**

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

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1. **ASYMPTOMATIC/MILD SYMPTOMS (< 4d fever / < 1wk symptoms)**
  - 3 days without cardiovascular exercise/isolation
    - Tracing/testing/isolation per local public health
  - PCP medical evaluation or clearance (in-person optional)
    - 14pt AHA Cardiac Screen as guide to assessment
  - Monitor for new symptoms or cardiovascular issues
  - Gradually increase activity after 1d symptom free
2. **MODERATE SYMPTOMS (> 4d fever or > 1wk symptoms)**
  - 5 days without cardiovascular exercise/isolation
  - Recommend in-person PCP evaluation & clearance
    - 14pt AHA Cardiac Screen as guide to assessment
    - No additional cardiac work-up is necessary
  - Monitor for new symptoms or cardiovascular issues
  - Individualized return to activity plan
3. **SEVERE SYMPTOMS OR ANY ABNORMAL TESTING**
  - Cardiology consult and clearance is required for activity

1. **ASYMPTOMATIC/MILDLY SYMPTOMATIC (< 2d fever/symptoms)**
  - 3 days without cardiovascular exercise/isolation
    - Tracing/testing/isolation per sport governing body
  - **Consider** PCP phone medical evaluation or clearance
    - 14pt AHA Cardiac Screen as guide to assessment
  - Monitor for new symptoms or cardiovascular issues
  - Individualized return to activity plan
2. **MODERATE SYMPTOMS (> 2d fever or symptoms)**
  - 5 days without cardiovascular exercise/isolation
  - Recommend in-person PCP evaluation and clearance
    - 14pt AHA Cardiac Screen as guide to assessment
    - Consider ECG/ECHO/TROP
  - Monitor for new symptoms or cardiovascular issues
  - Individualized return to activity plan; favor graduated return
3. **SEVERE SYMPTOMS OR ANY ABNORMAL TESTING**
  - Cardiology consult and clearance is required for RTP

\*Expert opinion based on guidelines adapted from APP/ACC/NFHS