

COVID19: GRADED RETURN-TO-PLAY/EXERCISE AFTER MEDICAL CLEARANCE

Once cleared to begin return to exercise, children and adolescents must complete the below progression without the development of chest pain/tightness, palpitations, lightheadedness, significant exertional dyspnea, pre-syncope, or syncope. If any of these symptoms develop, the patient should be referred to Pediatric Cardiology.

Calculating Max Heart Rate: 220 – Your Age = Predicted Max Heart Rate (beats/min)

Asymptomatic/Mild symptoms			Day/stage 1	Day/stage 2	Cleared
Moderate Symptoms	Day/stage 1	Day/stage 2	Day/stage 3	Day/stage 4	Fully return to competition
Activity Description	Light to moderate activity	Increased duration and intensity	Increased duration and intensity	Increased duration and intensity	
Examples of exercise allowed	Jogging, running drills, increased intensity stationary bike Light weightlifting	Sport-specific Drills Normal Weightlifting	Normal practice activities	Complete practice	
Time	30 min	45 min	60 min	Entire practice	
% max heart rate	<80% ~ 160 bpm	<80% ~ 160 bpm	<80% ~ 160 bpm	No limit	

Adapted from Elliott N, et al., infographic, British Journal of Sports Medicine, 2020

Reference:

1. Elliott N, Martin R, Heron N, Elliott J, Grimstead D, Biswas A (June 2020). Infographic. Graduated return to play guidance following COVID-19 infection. *British Journal of Sports Medicine*. <https://doi.org/10.1136/bjsports-2020-102637>.