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

**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
   - No additional evaluation or cardiac work-up is necessary
   - Call CH Cardiology for further questions

2. **MILD SYMPTOMS** (Cold **WITH** <48hrs fever & flu-like aches)
   - **10** days without cardiovascular exercise/isolation
   - No additional evaluation or cardiac work-up is necessary
   - Call CH cardiology for further testing or 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

---

**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
   - Call CH cardiology for further questions

4. **SEVERE SYMPTOMS** (Resp Distress/ Hosp/ Cardiac Involvement)
   - Cardiology consult and clearance is required

*Expert opinion based on guidelines adapted from ACC/Sports Medicine*