What’s the Nature of the Athlete?

NON-COMPETITIVE/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

WHAT TYPE OF SYMPTOMS DID COVID CAUSE?

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*