



# Nathan Hale-Ray High School

Christopher Eckert  
Principal

[christopher.eckert@easthaddamschools.org](mailto:christopher.eckert@easthaddamschools.org)

Allison Stroili  
Assistant Principal

[allison.stroili@easthaddamschools.org](mailto:allison.stroili@easthaddamschools.org)

## Athletics Return to Play Protocols after Testing Positive for COVID-19

This document is to be filled out by the student-athlete's primary care physician or the medical doctor whom the athlete has visited.

Athlete Name: \_\_\_\_\_ Date of Visitation: \_\_\_\_\_

The athlete was:  Asymptomatic  MildSymptoms  Moderate Symptoms  Severe Symptoms

I have performed an assessment of the athlete in accordance with *Return to Play after COVID-19 Infection in Pediatric Patients Clinical Pathway* and recommend the following return to play protocol for athletic participation at Nathan Hale-Ray High School.

- Return to athletics immediately\* with no restrictions for practice or competition, and no need for further return to play protocols.
- Limited return to athletics - the athlete may immediately\* begin the gradual return to play protocols at the following stage:
  - Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less: Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistancetraining.
  - Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less: Add simple movement activities (e.g., running drills) – intensity no greater than 80% of maximum heart rate.
  - Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less: Progress to more complex training intensity no greater than 80% maximum heart rate. May add light resistance training.
  - Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes: Normal training activity – intensity no greater than 80% maximum heart rate.
  - Stage 5: Day 7 - Return to full activity/participation (i.e., contests/competitions).

**\*Immediately means day six (6) for vaccinated athletes and eleven (11) days for partially or unvaccinated athletes.**

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Contact Information

\_\_\_\_\_  
Date