Guidelines for Return to Physical Education and Sports Activities After COVID-19

revision date: 1-22-21

Note: This document will be modified and/or refined as additional guidance is made available.

Students who have been diagnosed with COVID-19 may be affected in different ways and may experience mild to severe symptoms. Currently, there are unknown factors about how the COVID-19 virus affects students long-term. Recent reports indicate that COVID-19 may cause cardiac damage in those who experience a severe illness. It is unclear if cardiac injury also occurs in mildly symptomatic or asymptomatic students. The uncertainty is particularly concerning for athletes because myocarditis, an inflammation of the heart muscle usually caused by viral infections, can cause sudden cardiac death during exercise. For these reasons, our district has implemented a new guideline that contains interim suggested practice for safe return to physical education and sports participation activities for those students who have been diagnosed with COVID-19.

In the Rush-Henrietta Central School District, in order for students to safely return to physical education/sports activities, the following steps have been implemented for students diagnosed with COVID-19.

Return to New York State-Mandated Physical Education Class: After December 1, 2020

a) A student who is diagnosed with COVID-19 will complete the mandatory isolation as instructed by the Monroe County Department of Public Health.

b) Once cleared from isolation by the Monroe County Department of Public Health, the student must be evaluated by their primary care provider, who will complete the Pediatric Assessment/Release for Return to Play form (see link) and determine if the student is clear to return to physical education class. [Pediatric assessment_release for return to play COVID 19.Taskforce final12.21.2020.pdf](#)

c) The parent/guardian or the doctor’s office will send the documentation to the school nurse teacher (SNT).

d) Once the documentation is received, the SNT will complete the Cleared for Physical Education form and send the form to the appropriate physical education teacher.

Note: If the student is temporarily without a physician, the District Nurse Practitioner may provide this service for those students returning to physical education only. It is preferable that the students’ physician perform this service since that person is most knowledgeable about the student’s medical history.
Return to School Sports: Students Diagnosed with COVID-19:

a) A student who is diagnosed with COVID-19 will complete the mandatory isolation as instructed by the Monroe County Department of Public Health.

b) Once cleared from isolation by the Monroe County Department of Public Health, the student must be evaluated by their primary care provider who will complete the Pediatric Assessment/Release for Return to Play form (see previous link).

c) Once cleared by the primary care provider, the parent/guardian will help the student complete the gradual return-to-play progression stages at home.

d) Upon completion of the gradual return-to-play progression stages, the parent/guardian will complete the R-H COVID Return-to-Play Parent Form (see link) and send all completed documentation to the school health office. COVID-19 Return-to-Play Parent Form

e) The school nurse teacher will review the documentation and notify the athletic department that the student is clear to return to sports participation.

**Note:** The District Nurse Practitioner is NOT responsible for clearing students for school sports participation.