



CIF Recommended Pre-Participation Evaluation (PPE) & Cardiac Testing for COVID-19 (+) Athletes Returning to Education-Based Athletics

Grading Severity of Illness

- **Asymptomatic**
 - + COVID test, no symptoms

- **Mild**
 - Common cold-like symptoms
 - § Cough (residual dry cough can last weeks)
 - § Sore throat
 - § Congestion
 - Loss of taste/smell (can last weeks to months)
 - Common GI symptoms
 - § Nausea/vomiting
 - § Abdominal pain
 - § Diarrhea
 - Fatigue
 - Headache
 - No fever or fever $<100.4^{\circ}$ F for <2 days

- **Moderate**
 - Cardiopulmonary symptoms
 - § Shortness of breath (dyspnea)
 - § Chest pain/pressure/tightness
 - § Palpitations
 - Systemic symptoms
 - § Fever >100.4 or 100.4° F, chills, flu-like syndrome for ≥ 2 days
 - § Headache ≥ 2 days
 - § Fatigue ≥ 2 days

- **Severe**
 - Any hospitalization
 - New or recurrent symptoms concerning for multisystem inflammatory syndrome in children (MIS-C)
 - § Fever, rash, abdominal pain, vomiting, diarrhea, lethargy, and conjunctivitis
 - § Possible to appear weeks after infection or even without previous known infection



If History of COVID (+)

Asymptomatic [COVID(+) test only] or *Mild* Illness

- o No specific COVID cardiac testing needed

- o If Pre-participation Evaluation (PPE) previously done AND full resolution of acute symptoms (excluding isolated loss of taste and smell, resolving cough) AND back to full training and/or competition–level exercise with no new symptoms:
 - § No medical clearance needed
 - § No Graduated Return to Play (GRTP) Progression needed

- o If PPE previously done and recent (+) test/recently out of isolation/deconditioned:
 - § No medical clearance needed
 - § Recommend following the CIF COVID Graduated Return to Play (GRTP) Progression for Acute Asymptomatic or Mild Infections
 - Understand that return-to-sport timeline is individualized and based on numerous factors including baseline fitness, severity and duration of COVID symptoms, and tolerance to progressive levels of exertion
 - Athletes should be closely monitored for new cardiopulmonary symptoms as they return to exercise

- o If PPE clearance needed:
 - § Perform the full pre-participation cardiac screening that is part of PPE (with additional testing as indicated)
 - § If full resolution of acute symptoms (excluding isolated loss of taste and smell, resolving cough) AND back to full training and/or competition–level exercise with no new symptoms:
 - No GRTP Progression needed
 - § If recent (+) test/recently out of isolation/deconditioned:
 - Recommend following the CIF COVID GRTP Progression for Acute Asymptomatic or Mild Infections
 - Athletes should be closely monitored for new cardiopulmonary symptoms as they return to exercise.



If History of COVID (+)

Moderate Illness

- o Whether PPE previously done or PPE clearance needed AND initial cardio pulmonary symptoms during acute phase of illness are suggestive of myocarditis syndrome (shortness of breath, chest pain/pressure/tightness, palpitations):
 - § Medical evaluation and clearance needed
 - § Consider cardiac testing including ECG, troponin, and echocardiogram
 - If any abnormal testing, refer to Cardiology; consider cardiac MRI
 - § Once cleared by medical provider, no exercise for 5 days from symptom onset; moderate symptoms should be resolved (note: isolated loss of taste and smell, resolving cough can persist)
 - Recommend GRTP progression; understand that return-to-sport timeline is individualized and based on numerous factors including baseline fitness, severity and duration of COVID symptoms, and tolerance to progressive levels of exertion.
 - Athletes should be closely monitored for new cardiopulmonary symptoms as they return to exercise.
- o If PPE previously done AND no symptoms of myocarditis syndrome/no abnormal cardiac testing AND full resolution of acute symptoms (excluding isolated loss of taste and smell, resolving cough) AND back to full training and/or competition–level exercise with no new symptoms:
 - § No specific COVID cardiac testing needed, no medical clearance needed
 - § No GRTP Progression needed
- o If PPE clearance needed AND no symptoms of myocarditis syndrome/no abnormal cardiac testing AND full resolution of acute symptoms (excluding isolated loss of taste and smell, resolving cough) AND back to full training and/or competition–level exercise with no new symptoms:
 - § Perform the full pre-participation cardiac screening that is part of PPE (with additional testing as indicated)
 - § No GRTP Progression needed

Severe Illness

- o Whether PPE previously done or PPE clearance needed:
 - § Needs medical evaluation and clearance before beginning GRTP Progression
 - § Typically evaluated by Cardiology during hospitalization; strongly encourage outpatient Cardiology evaluation and testing if not done in hospital



If History of COVID (+)

During the PPE:

- o For athletes that have returned to exercise, it is very important to confirm they feel well. Exclude the presence of exertional cardiovascular symptoms, specifically exertional chest pain, which has been identified as a common feature among athletes with post-infectious inflammatory heart disease. Encourage to report all new symptoms during exercise.
- o Determine athlete vaccination and booster status; educate about and facilitate vaccination administration.
- o Screen for anxiety, depression, and suicidal ideation possibly caused by, or exacerbated by, the COVID pandemic.

ACSM-AMSSM Call to Action: How Should the COVID-19 Pandemic Change Routine Pre-participation Cardiovascular Screening?
(formal publication pending)

NFHS-AMSSM Cardiopulmonary Considerations for High School Student-Athletes during the COVID-19 Pandemic

<https://www.nfhs.org/media/5393679/nfhs-amssm-updated-cardiopulmonary-considerations-for-covid-19-january-2022.pdf>