



Returning to Sports After a COVID-19 Infection

The American Academy of Pediatrics recommends the following guidelines for children returning to sports after a COVID-19 infection. Please consult with your child's primary care doctor for sports physicals and initial cardiology exams. If necessary, your primary care doctor may refer your child to a specialist for further screenings.

If your child had **mild or asymptomatic infection** (less than 4 days of fever >100.4 , body aches, chills, and/or fatigue):

- Suggested to be evaluated by the child's primary care doctor or pediatrician before restarting sports
- No sports until 10 days after date of positive test and symptom-free for 24 hours, paying particular attention to chest pain, shortness of breath, abnormal cold symptoms, new-onset palpitations, or syncope/passing out

If your child had **moderate symptoms** (4 or more days of fever, body aches, chills, or fatigue or was in the hospital, but not in the ICU):

- An EKG and cardiology consult is recommended after 10 days from the date of a positive test and symptom-free for 24 hours before restarting sports.
- If cardiac work up is normal, then child can gradually return to physical activity.

If your child had **severe symptoms** (stayed in the ICU or had multisystem inflammatory syndrome in children - MIS-C):

- No sports for minimum of 3-6 months
- Cardiology clearance is needed before resuming sports

When returning to play, a gradual return to play is suggested. There are many ways to do this, but one option would be using the first 4 days to re-acclimate to exercise.

Day 1 25% of a normal practice/conditioning session

Day 2 50% of a normal practice/conditioning session

Day 3 75% of a normal practice/conditioning session

Day 4 Full participation of a normal practice/conditioning session

Sources:

[American Academy of Pediatrics](#)