Any student showing signs or symptoms of COVID-19, or who has tested positive for COVID-19, within the prior six months should consult with their medical provider prior to returning to P.E. or sports activities, and follow “gradual return to play” protocol recommended by the American Academy of Pediatrics.

### Medical Consult

When the student showing signs or symptoms of COVID-19 or who has tested positive for COVID-19 within the prior six months consults with their medical provider, the student will learn if they need:

- An in-person medical examination prior to returning to P.E., exercise or sports activities;
- A review of the 14-point pre-participation screening evaluation;
- Additional cardiac testing, such as an EKG and referral to a pediatric cardiologist.

### Gradual Return to Play Protocols

Once cleared, the student can start a gradual return to physical activity. Their medical provider will recommend a schedule based on the student’s age and the severity of their COVID-19 symptoms. The “gradual” time frame varies by days or weeks (for mild and moderate cases) to months (for severe cases).

Monitor your youth for the following symptoms and report any to your provider for further evaluation:

- Dizziness
- Fainting
- Difficulty breathing
- Decreased exercise tolerance
- Chest pain/pressure

### Additional Resources

- American Academy of Pediatrics
- CDC Guidelines for COVID-19 Vaccinations
- California Department of Education
- California Interscholastic Federation (CIF)
- American Medical Society of Sports Medicine
- California AB856 COVID-19 Youth Health Information Act