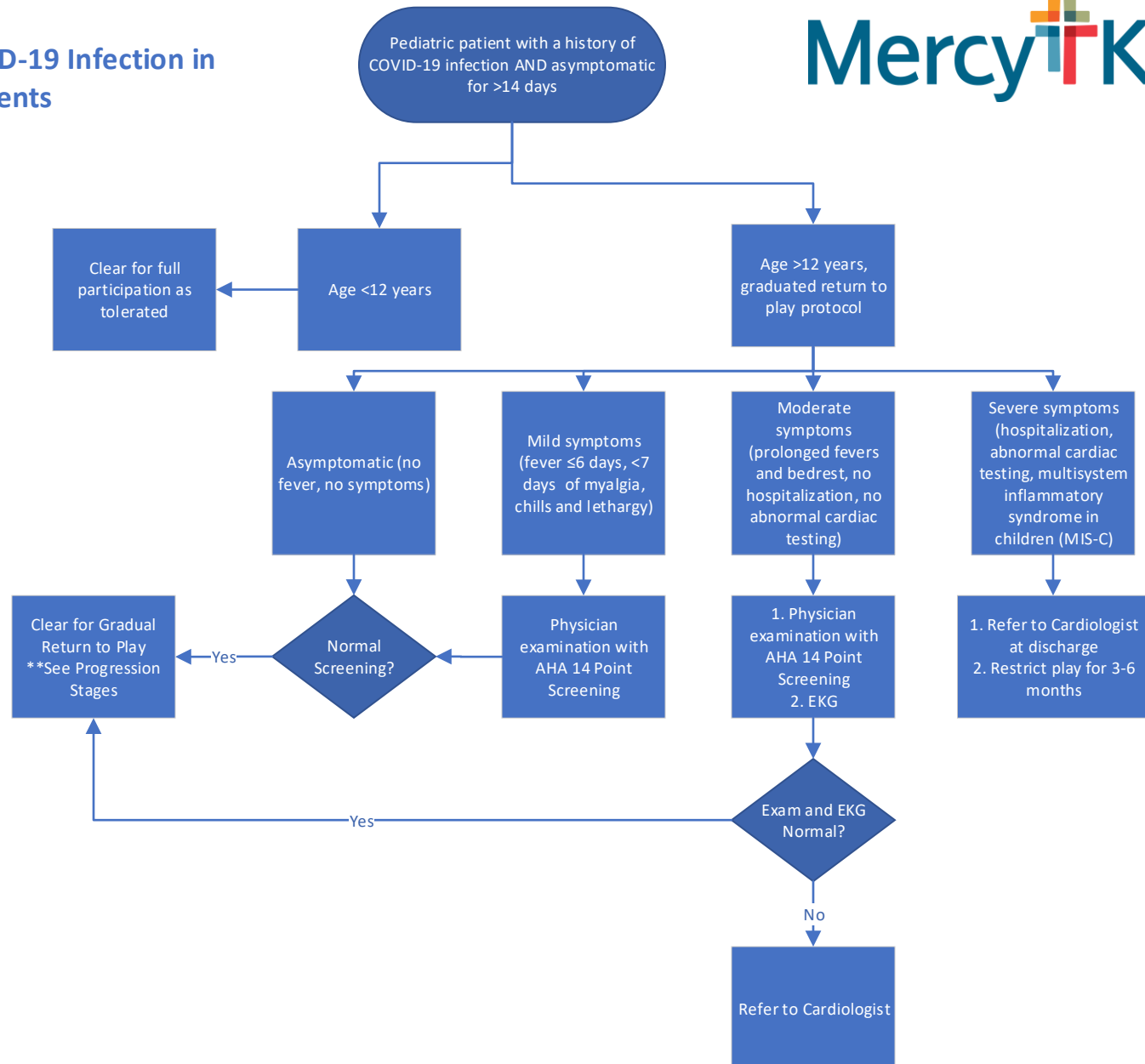


## Return-to-Play After COVID-19 Infection in Pediatric Patients

### \*\*Progression of Play Stages:

The following progression was adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020:

- **Stage 1:** Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less: Light activity (walking, jogging, stationary bike), intensity no greater than heart rate of 135 BPM (70% of max HR). NO resistance training
- **Stage 2:** Day 3 - (1 Day Minimum) - 30 minutes or less: Add simple movement activities (eg. running drills) – intensity no greater than heart rate of 155 BPM (80% of max HR)
- **Stage 3:** Day 4 - (1 Day Minimum) - 45 minutes or less- Progress to more complex training - intensity no greater than heart rate of 155 BPM (80% of max HR). May add light resistance training
- **Stage 4:** Day 5 and Day 6 - (2 Days Minimum) - 60 minutes - Normal training activity - intensity no greater than heart rate of 155 BPM (80% of max HR)
- **Stage 5:** Day 7 - Return to full activity/participation (i.e., contests/competitions).
- *Normal heart rate for adolescents greater than 12 years of age is 60-100 BPM.*
- Calculations based on average exercise heart rate maximum for adolescents = 190 BPM (95% HR max).



### Resources:

- [www.acc.org](http://www.acc.org)
- [http://med.stanford.edu/content/dam/sm/ppc/documents/HSupervision/AHA\\_14-point.pdf](http://med.stanford.edu/content/dam/sm/ppc/documents/HSupervision/AHA_14-point.pdf)
- <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>
- <https://www.healthychildren.org/English/health-issues/conditions/heart/Pages/Irregular-Heartbeat-Arrhythmia.aspx> (Parent Information Sheet Regarding Normal & Abnormal Heart Rate)
- Kim, J.H., et al. "Coronavirus Disease 2019 and the Athletic Heart: Emerging Perspectives on Pathology, Risks, and Return to Play." JAMA Cardiology. 2020, pp. E1-9, doi:10.1001/jamacardio.2020.5890
- CDC page regarding checking a pulse for families: <https://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm>
- Exercise stress test data and max HR: <https://pubmed.ncbi.nlm.nih.gov/26036349/>