

Academy of Notre Dame Return to Sport Athletic Policy

Post COVID-19 Infection

While our understanding of COVID-19-related illness continues to evolve, it is clear that symptoms persist following acute illness for many patients. For both athletes and non-athletes, recovery varies widely depending upon on the extent and severity of the acute illness, premorbid conditions, and other factors.

The safety and ideal timing for resuming intense exercise after COVID-19 infection is unknown, and no evidence-based guidelines for return to play are available to help clinicians. Several consensus statements based largely on expert opinion promote risk stratification based on the severity of the athlete's illness and other relevant factors. The severity of illness from COVID-19 varies widely with potential effects on many organ systems. Athletes who suffered more severe illness or have major underlying morbidities will likely require additional testing and specialist consultation before they can resume intense training.

Return-to-Play Protocol for Athletics

If you tested positive for COVID-19 and want to return to physical participation you must get a clearance letter from a medical doctor stating that you may return without any restrictions or with restrictions as part of the doctor's protocol. A copy of this letter must be handed into Ms. Karen Fox Lavelle (Athletic Trainer) before participation is allowed. Please note Mr. Fox Lavelle makes the final decision on the return to athletics participation for all disease and injury in conjunction with a doctor. A graduated Return to Play Protocol written by the American Academy of Pediatrics may also be implemented if warranted.

However, if you were hospitalized because of COVID-19 you cannot return to participation until you have a letter of clearance and have had a cardiac work-up by a cardiologist.