

Framingham High School Sports Medicine

Student-Athlete COVID-19 Information

This document is intended to provide information about the measures Framingham High School's Athletic Department has taken to provide a safe environment for student-athletes to resume participation in sports during the COVID-19 pandemic.

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Gradual Return to Play After Having COVID-19

In accordance with current recommendations published by the Centers for Disease Control and Prevention (CDC), the Framingham High School Athletic Department has implemented a gradual return to sport/play following a positive test result for COVID-19 by any participating student-athlete. This is because there is a possibility that people who have contracted COVID-19 may develop myocarditis (inflammation of the heart muscle). The following information presents an overview of current evidence-based protocols surrounding post-COVID-19 management in student athletes at FHS.

The purpose of a gradual return to play procedure is to allow a slow re-integration to physical activity while monitoring the individual for cardiovascular signs/symptoms which may be of concern after recovery from COVID-19. This is a preventative measure that is taken to ensure that any complications are identified in a more controlled environment, with medical assistance readily available.

Shown on **Page 2**, is a flow chart from the Massachusetts Chapter of the American Academy of Pediatrics. This is the basis for which FHS Athletics has drawn its return to play protocol. Requirements differ (based largely on symptom severity) and may change from child to child.

Shown on **Page 3**, is an example of a gradual return to play protocol. It is in accordance with the guidelines provided by the CDC. FHS student-athletes will be following workouts modelled after these guidelines before fully returning to athletics.

COVID



KIDS

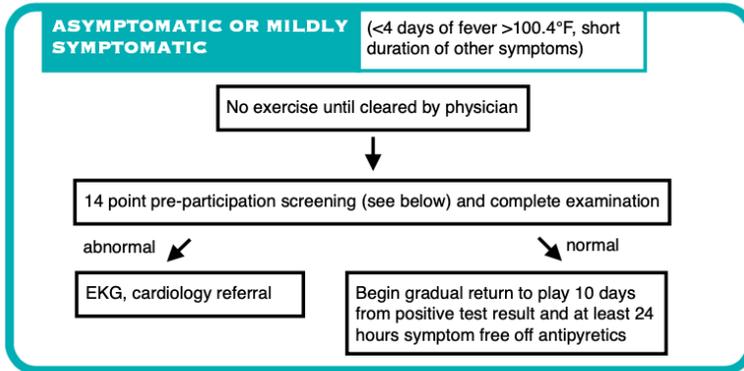
IN SPORTS

January 2021

Massachusetts Chapter

INCORPORATED IN MASSACHUSETTS

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

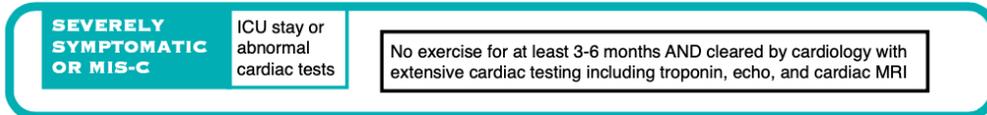
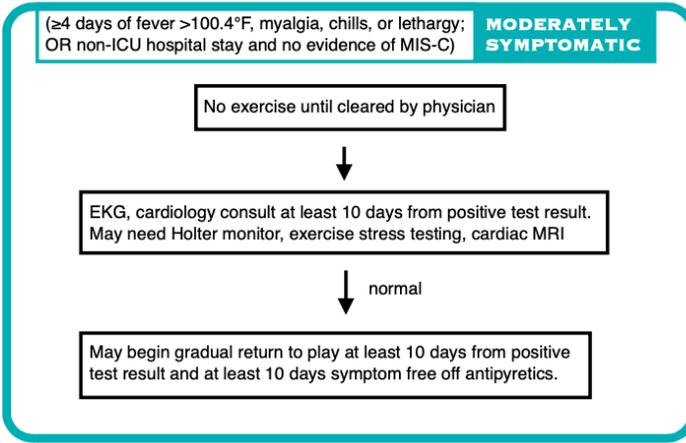


All youth who have had a positive COVID test should be cleared by their pediatric health care provider teams prior to returning to organized sports. Even those who are asymptomatic could be at risk for myocarditis.

This handout is for use by pediatric health care providers and is based on the AAP Return to Sports guidelines updated December 2020 (QR code below; <https://bit.ly/2JFusQZ>).

This is for guidance only, and does not replace clinical judgment. Each institution may have their own guidance.

ABOUT

14-POINT SCREENING

Personal History:

- Chest pain/discomfort/tightness/pressure related to exertion
- Unexplained syncope/near-syncope
- Excessive exertional and unexplained dyspnea/fatigue or palpitations, associated with exercise
- Prior recognition of a heart murmur
- Elevated systemic blood pressure
- Prior restriction from participation in sports
- Prior testing for the heart, ordered by a physician

Family History:

- Premature death (sudden and unexpected, or otherwise) before age 50 attributable to heart disease in ≥1 relative

- Disability from heart disease in close relative <50y of age
- Hypertrophic or dilated cardiomyopathy, long-QT syndrome, or other ion channelopathies, Marfan syndrome, or clinically significant arrhythmias; specific knowledge of certain cardiac conditions in family members

Physical Examination:

- Heart murmur
- Femoral pulses to exclude aortic coarctation
- Physical stigmata of Marfan syndrome
- Brachial artery blood pressure (sitting position)

SUMMARY

Asymptomatic & mild symptoms return to play timeline:

Minimum 10 days of no activity

Minimum 24 hrs of no symptoms without meds

BOH clearance

Primary care doctor (and cardio if necessary) clearance note to ATC and school nurse

Gradual RTP (6 days)

GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION

	STAGE 1 10 DAYS MINIMUM	STAGE 2 2 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 2 DAYS MINIMUM	STAGE 5 EARLIEST DAY 7	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	RETURN TO COMPETITION IN SPORT SPECIFIC TIMELINES
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	

ACRONYMS: I-PRRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)

NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT



INFOGRAPHIC CREATED BY UK HOME COUNTRIES INSTITUTES OF SPORT; ELLIOTT, N. ELLIOTT, J. BISWAS, A. MARTIN, R. HERON, N.

Model for FHS Student-Athletes

To be completed under supervision of FHS athletic trainer (ATC), Elise Makowski:

- Day 1: 15 min moderate bike
- Day 2: 15 min light run
- Day 3: 25-30 min: warm up, agility, and core work
- Day 4: 30-45 min: warm up, bodyweight and light resistance workout
- Day 5: 1 hr practice w/ team
- Day 6: 1 hr practice w/ team
- Day 7: Normal training

Quarantine Protocol

The CDC and MA Department of Public Health have protocols that allow for several quarantine options: 7, 10, and 14 days. These guidelines are individualized and applied by DPH contact tracers as appropriate. Local boards of health have the right to be more restrictive than the MA DPH/CDC based on community transmission rates. Framingham is using the 7 day quarantine protocol for the 0-19 years bracket at this time. These quarantine guidelines are evaluated weekly and adjusted based on current data trends.

What quarantine will look like for someone who tested positive (asymptomatic - mild symptoms):

1. Stay home from school, practices, etc for a minimum of 10 days
2. Get clearance note from doctor for physical activity after having COVID-19
3. Provide clearance note to ATC and school nurse
4. Provide BOH release from quarantine letter to ATC
5. Complete RTP protocol (5 days) with ATC

What quarantine will look like when considered a close contact:

1. Stay home from school, practices, etc. for a minimum of 5 days, if test negative on Day 5, and a maximum of 7 days. The number of days may increase if you or someone else in the household tests positive.
2. We recommend getting tested every other day to stay ahead of a potential infection
3. When the 5-7 days are over, the Framingham BOH will send a notice, which should then be forwarded to the school nurse, who will notify the athletic trainer
4. The student-athlete may return to sports once they provide a negative PCR test to the nurse who will notify the athletic trainer

Who is considered a close contact?

According to the CDC, any person who has been within 6 feet of a person who has tested positive for COVID-19 for a cumulative of 15 minutes or more, within a 24 hour period is considered a close contact. If the infected individual was symptomatic, this time must have been spent with the infected individual during the 48 hours before symptoms began (illness onset). If the infected individual was asymptomatic, this time must have been spent with them during the 48 hours before they took the test that resulted with a positive.

What Do I Need to Play Sports at FHS?

1. Completed Registration form on FamilyID
2. An updated physical (less than 13 months old)
3. If you have had COVID at any point, a note from your doctor clearing you for physical activity after having COVID