

## Virginia Chapter

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



# Your Athlete has COVID-19 Help us protect their HEART!



COVID-19 can affect the heart!

Your athlete needs follow up before any level of athletic play  
Based on how sick your child was with COVID 19 we may do:

- A full evaluation of the heart
- A GRADUAL return to competition

Gradual return to play recommendations:

Stage 1: 2 days of light activity for 15 minutes (walk/jog)

Stage 2: 1 day of sport specific drills for 30 minutes or less

Stage 3: 1 day or more complex training for 45 minutes

Stage 4: 2 days or more normal training for 60 minutes or less

Stage 5: return to full competition