

Instructions:

- This suggested CIF GRTTP Progression applies only to an **acute** COVID asymptomatic or mild symptomatic infection (common cold-like symptoms with no fever or only low grade fever of <100.4° for <2 days, GI symptoms, or loss of taste/smell).
- This progression should be completed before returning to full competition.
 - An adult (e.g. parent) or school personnel (e.g., certified athletic trainer, AD, coach) should monitor you during this progression.
 - This progression can vary if instructed by your physician/healthcare provider. Return-to-sport timeline is individualized and based on numerous factors including baseline fitness, severity and duration of COVID symptoms, and tolerance to progressive levels of exertion.
 - Unless there are special indications, a prolonged return-to-sport timeline is not supported by evidence and delayed sports participation can contribute to detraining, increased injury risk, and mental health concerns.
 - The Isolation Period can vary depending on the severity of your illness and per California Dept. of Public Health and your local county.
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>
- If symptoms return at any time in this exercise progression, **IMMEDIATELY STOP** any physical activity and follow up with your physician/healthcare provider. You will need to be cleared by your healthcare provider to return to the GRTTP Progression.
 - Cardiovascular symptoms concerning for heart inflammation can include shortness of breath and chest pain, pressure, or tightness.
- Seek medical attention if you feel uncomfortable at any time during the progression.

Days	Activity Description	Exercise Allowed	Objective of the Stage
Minimum 5 days isolation Day 0 = (+) test or onset of symptoms	Isolation Period: A. Stay home x 5 days; if no symptoms or if resolving symptoms AND (-) rapid antigen (or PCR) test collected on Day 5, can end isolation. Need to keep wearing well-fitting mask until after Day 10. B. Stay home x10 days if unable to test; if no symptoms or if resolving symptoms can end isolation after Day 10. C. If symptoms include a fever, need to continue isolation until no fever x 24 hrs; contact your physician for clearance. No increase in physical exertion until at least - 3 days after asymptomatic (+) test OR - 3 days from symptomatic infection if full resolution of symptoms (<i>exceptions: loss of taste and smell, resolving cough</i>).	<ul style="list-style-type: none"> For at least the first 3 days after onset of (+) test or symptoms, activities of daily living (ADLs) and walking are okay Can progress activity intensity per stages below if able to remain isolated 	<ul style="list-style-type: none"> Recovery and/or prevention of symptoms to protect the cardiorespiratory system
No medical eval required; you should be able to complete ADLs and walk ~1/4th mile without fatigue or breathlessness.			
1	Light aerobic activity	<ul style="list-style-type: none"> 15-20 minutes (<i>min</i>) of brisk walking or light stationary biking, light elliptical No resistance training 	<ul style="list-style-type: none"> Increase heart rate to 50% of perceived maximum (<i>max</i>) exertion (e.g., 100 beats per min) Monitor for symptoms
2	Moderate aerobic activity Light resistance training	<ul style="list-style-type: none"> 20-30 min jogging, light biking, swimming Body weight exercises (squats, planks, push-ups), max 1 set of 10, ≤ 10 min total 	<ul style="list-style-type: none"> Increase load gradually Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) Monitor for symptoms
3	Strenuous aerobic activity Moderate resistance training Non-contact training with sport-specific drills	<ul style="list-style-type: none"> 30-45 min running, biking, swimming Weightlifting ≤ 50% of max weight Non-contact drills, sport-specific activities (cutting, jumping, sprinting) 	<ul style="list-style-type: none"> Increase load gradually Increase heart rate to > 75% max exertion Coordination and skills/tactics Monitor for symptoms

Athlete's Name: _____ **Date of + COVID Test:** _____ **Symptoms?** ☐ No ☐ Yes: **Date of Symptom Onset** _____



CIF COVID Graduated Return to Play (G RTP) Progression for Acute Asymptomatic or Mild Infections

4	Limited to full practice including limited to full unrestricted contact	<ul style="list-style-type: none"> Controlled drills including contact drills Normal unrestricted training (with contact) 	<ul style="list-style-type: none"> Restore confidence and assess functional skills Assess readiness for full return to play Monitor for symptoms
5	Return to play (competition)	<ul style="list-style-type: none"> Normal game play (competitive event) 	<ul style="list-style-type: none"> Return to full sports activity without restrictions

Athlete's Name: _____ Date of + COVID Test: _____ Symptoms? ___No___Yes: Date of Symptom Onset _____