

KENMORE-TOWN OF TONAWANDA UNION FREE SCHOOL DISTRICT  
DEPARTMENT OF PHYSICAL EDUCATION, RECREATION AND ATHLETICS



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KENMORE WEST  
HIGH SCHOOL

## Interim Guidance for Students & Athletes Returning to Physical Education & Athletics *after a COVID infection*

Literature and research is showing that a COVID-19 infection can have cardiac effects on children and adolescents. The American Academy of Pediatrics experts and pediatric cardiologists recommend that a ***gradual return-to-play progression*** be applied to physical education and athletics for all school-aged children K-12 and school athletes who have been diagnosed with COVID-19.

***As a result, any student or interscholastic athlete who has had a COVID-19 infection will need to be seen by their healthcare provider for assessment, and must provide the school with a release for return to play.***

Once the student is asymptomatic and cleared by their healthcare provider, gradual return-to-play procedures can begin. The progression in activity will follow recommendations from sports medicine experts, and will be performed over the course of at least seven (7) days.

This protocol and procedure will be adjusted as needed based on updated recommendations from healthcare experts.

### Resources:

American Academy of Pediatrics: [COVID-19 Interim Guidance: Return to Sports](https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/)  
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American College of Cardiology: [Returning to Play after Coronavirus Infection: a Pediatric Cardiologist Perspective](https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection)  
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