

## BULLARD ISD ATHLETIC COVID RETURN TO PLAY AND RE-ACCLIMATION AFTER A POSITIVE TEST

Any athlete that tests positive for COVID must complete the return to play protocol established by the UIL and BISD medical staff. All parts of the RTP are according to standards that are set forth by the UIL and suggestions by the American Academy of Pediatrics, many cardiology associations and team health providers.

Step 1: The athlete must obtain clearance from a health care provider to return to athletic activities. This is to be done after the 10 day quarantine period after first symptom or positive test. This is not a negative test or note to return to school/work. It must state ok to return to activity.

Step 2: The athlete must complete a minimum 5 day return to play activity program. This program is a graduated program that will increase activity each day. As long as the athlete completes each level with no cardiac or respiratory issues and a good pulse/ox reading they will move to the next level. At the completion of the 5<sup>th</sup> level they may return to full participation if cleared by BISD medical personnel.

Healthcare providers may add to or protocol but may not take away from any step or bypass. Examples: ECG's, ultrasounds, stress test, etc.