



UNIVERSITY SCHOOL

EAST TENNESSEE STATE UNIVERSITY

The University School Athletic program wants to advise parents and student athletes of TSSAA recommendations regarding return to play for student athletes diagnosed with COVID-19.

The TSSAA guidance provides the following guidance statement for return to play, published in Sports Health: **Cardiopulmonary Considerations for High School Student-Athletes during the COVID-19 Pandemic: NFHS-AMSSM Guidance Statement**

The guidance statement can be found at this link:

<https://journals.sagepub.com/doi/10.1177/1941738120941490>

This guidance statement provides recommendations for the action needed in response to ill athletes and provides guidance for return to play following illness/exposure.

The guidance includes the following recommendations:

- *Student-athletes who test positive for COVID-19 with or without symptoms should be isolated per public health guidelines. No exercise is recommended for at least 14 days from diagnosis and 7 days after all symptoms have resolved.*
- *After symptom resolution and prior to sports participation, student-athletes should be evaluated by a medical provider to assess for residual symptoms and the need for additional testing. Written medical clearance prior to sports participation is required.*

To summarize, there has been research to show a link between SARS-CoV-2 infection and direct injury or inflammation to the heart and lungs. It is required that student athletes undergo an evaluation by a medical provider and receive written medical clearance prior to returning to practice or competition. Please have your athlete contact their school or coach for the “COVID Medical Release for Return to Athletic Participation” form.

Please submit this completed form to the School Nurse.