

# Post Positive Covid-19 Case Return to Play Progression

*The progression may begin when the athlete has been cleared by a physician and returned from their required isolation/quarantine (unless physician has more restrictions). During the progression if the athlete experiences any chest pain, excessive fatigue or excessive shortness of breath stop and attempt the same step the following day. May complete 2 steps in one day. Step 5 would occur on the day following completion of Step 4. Athlete must participate in a full practice before returning to competition.*

	<b>Exercise</b>	<b>Duration</b>	<b>Intensity</b>
<b>Step 1:</b>	Stationary Cycle	10 min.	40 RPMs or above
	Jumping Jacks	10 reps	
	Push-ups	5 reps	
	Sit-ups	5 reps	
<b>Step 2:</b>	Stationary Cycle	10 min.	40 sec 40 RPMs/20 sec Sprint (x10)
	Jumping Jacks	25 reps	
	Push-ups	10 reps	
	Sit-ups	10 reps	
<b>Step 3:</b>	Stair Climber, Elliptical, or Treadmill	15 min.	Level 3 or greater on Stair Climber or Elliptical, 3.3 mph or greater on Treadmill
	Mountain Climbers	20 reps	
	Burpees	10 reps	
<b>Step 4:</b>	Return to Limited Practice; Controlled contact but no live drills or scrimmages. Condition with team if applicable.		
<b>Step 5:</b>	Return to Full Participation in Practice.		