

STARPOINT



4363 Mapleton Road
Lockport, New York 14094-9652

Central School District

January 20, 2021

Dear Parent/Guardian,

Thank you for your patience, understanding and communication as we navigate through these unprecedented times. The Starpoint Central School District recognizes that this has been an unusual school year, but we remain committed to supporting your child's learning, as well as his or her safety.

After consultation with our school physician and based on the newly released recommendations from the American Academy of Pediatrics (AAP), the District is implementing a new protocol for students. Following a positive COVID-19 diagnosis, the District will now require that your child be evaluated and cleared by his or her primary care physician (PCP) and to be symptom free before returning to athletics or physical education class. Your child's PCP will be asked to complete the Assessment/Release for Return to Play form prior to resumption of athletics or physical education. Within this form, your child's PCP has the option to require an additional 4-Phase Graduated Return-to-Play protocol be completed prior to returning to full activity.

I genuinely appreciate your patience as we work through this environment that changes rapidly. As a District, we will continue to adapt and modify throughout the school year with the situation.

Please feel free to contact me with any questions at (716) 210-2304. Thank you for your cooperation.

Sincerely,

Vincent P. Dell'Oso
Director of Health, Physical Education and Athletics



Assessment/Release for Return to Play

Student/Patient: _____

School: _____

DOB: _____

Sport: _____

PCP: _____

PE Class: _____

Date of onset of COVID symptoms: _____

Date of COVID positive test: _____

Date of resolution of COVID symptoms: _____

- | | | |
|--|----|-----|
| 1. Systemic symptoms for 4 days or more (fever, myalgia, chills, profound lethargy)? | No | Yes |
| 2. Hospitalization due to COVID symptoms? | No | Yes |
| 3. H/o cardiac abnormalities followed by cardiology? | No | Yes |

Recent symptoms:

- | | | |
|--|----|-----|
| 4. Chest pain at rest or with exertion? (not musculoskeletal or costochondritis): | No | Yes |
| 5. Shortness of breath with minimal activity? (unrelated to respiratory symptoms): | No | Yes |
| 6. Excessive fatigue with exertion? | No | Yes |
| 7. Abnormal heartbeat or palpitations? | No | Yes |
| 8. Syncope or near-syncope? | No | Yes |

Normal cardiovascular exam? Yes No

Cardiology referral indicated? No Yes

Cleared to return to Sports/PE **WITHOUT** gradual return to play protocol. No Yes

Cleared to return to Sports/PE **WITH** gradual return to play protocol. No Yes

If not today, then effective date: _____

Physician Signature: _____ Printed Name: _____ Date: _____

A graduated return-to-play protocol can begin once an athlete has been cleared by a physician (cardiologist for moderate to severe symptoms) and is asymptomatic when performing normal activities of daily living. The progression should be performed over the course of at least 7 days. Consideration for extending the progression should be given to athletes who experienced moderate COVID-19 symptoms. Gradual return to play can begin ≥ 10 days after the positive test or ≥ 10 after the end of symptoms (whichever is later).

Gradual return to play progression¹

****Patient should be symptom free in the stage they are in before progressing to the next stage.****

Stage 1: 2 days minimum, ≤ 15 minutes, light activity (walking, jogging, stationary bike), no resistance training.

Stage 2: 1 day minimum, ≤ 30 minutes, add simple movement activities (eg, running drills).

Stage 3: 1 day minimum, ≤ 45 minutes, progress to more complex training, may add light resistance training.

Stage 4: 2 days minimum, 60 minutes, normal training activity.

¹(adapted from Elliott N, et al, Infographic, British Journal of Sports Medicine, 2020.)