

RECOMMENDATIONS FOR RETURN TO SPORT DURING THE SARS-COV-2 PANDEMIC



GROUPS:

1 NO symptoms or evidence of SARS-CoV-2





3 MILD symptomatic Covid-19 disease needing only outpatient treatment and self-isolation

4 MODERATE symptoms requiring inpatient treatment

SEVERE symptoms requiring inpatient treatment in intensive care WITHOUT artificial respiration

SEVERE symptoms requiring inpatient treatment in intensive care WITH artificial respiration

ASSESSMENT ACCORDING TO GROUP:		GROUP 1	GROUP 2	GROUP 3	GROUP 4.	GROUP 5	GROUP 6
	HISTORY	✓	~	✓	✓	✓	~
✓ MANDATORY	SYMPTOM FREE	~	✓	✓	✓	✓	~
× NOT MANDATORY	EXAMINATION	×	✓		✓	✓	~
IF CLINICALLY INDICATED	RESUMPTION AFTER 14 DAYS QUARANTINE	×	✓	~	~	~	~
	FURTHER 2WEEKS SOCIAL DISTANCING	×	×	✓	✓	✓	~

	GROUP	GROUP 2	GROUP 3	GROUP	GROUP 5	GROUP 6
RESTING 12 LEAD ECG	×	-	<u> </u>		✓	
BLOOD TESTS (CRP, BNP, TROPONIN)	×	×	•	•	✓	✓
ECG STRESS TEST	×	•	•	•	✓	~
CARDIAC ECHO	×	•	•	•	•	•
CARDIAC MRI	×	×	×			•

Standard Gloves & PPE for ALL ATHLETE CONTACT AND ASSESSMENT



清管	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
SPIROMETRY BLOOD GAS ANALYSIS	×	•	•	~	✓	✓
SPIROERGOMETRY (CARDIOPULMONAR EXERCISE TESTING)	X	•		✓	✓	✓
CHEST X-RAY	×	×	×	✓	✓	~
CT THORAX + LUNG SPECIALIST	×	×	×	•	•	

Designed by Andrew Shafik & Theodora Papadopoulou





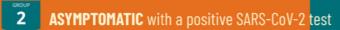


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ASSESSMENT ACCORDING TO GROUP:

- ✓ MANDATORY
- × NOT MANDATORY
- IF CLINICALLY INDICATED

	GROUP 1	GROUP 2	GROUP 3	GROUP 4.	GROUP 5	GROUP 6
HISTORY	✓	~	~	~	~	~
SYMPTOM FREE	✓	✓	✓	✓	✓	✓
EXAMINATION	×	~	~	✓	✓	~
RESUMPTION AFTER 14 DAYS QUARANTINE	×	~	~	~	~	~
FURTHER 2WEEKS SOCIAL DISTANCING	×	×	~	✓	✓	✓

	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
RESTING 12 LEAD ECG	×		1	-	-	
BLOOD TESTS (CRP, BNP, TROPONIN)	×	×	•	•	~	~
ECG STRESS TEST	×	•	•	•	✓	✓
CARDIAC ECHO	×	•	•	•	•	•
CARDIAC MRI CARDIOLOGIST	×	×	×	•	•	•

Standard Gloves & PPE for ALL ATHLETE CONTACT AND ASSESSMENT



	GROUP	GROUP 2	GROUP 3	GROUP 4	GROUP	GROUP
SPIROMETRY BLOOD GAS ANALYSIS	×	•	•	~	~	~
SPIROERGOMETRY (CARDIOPULMONAR EXERCISE TESTING)	Y X	•	•	✓	✓	~
CHEST X-RAY	×	×	×	~	✓	~
CT THORAX + LUNG SPECIALIST	×	×	×	•	•	•

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ASSESSMENT ACCORDING TO GROUP:

- ✓ MANDATORY
- × NOT MANDATORY
- IF CLINICALLY INDICATED

	1	2	3	4	5	6
HISTORY	~	~	~	~	~	~
SYMPTOM FREE	~	~	~	~	~	~
EXAMINATION	×	~	~	~	~	~
RESUMPTION AFTER 14 DAYS QUARANTINE	×	~	~	~	~	~
FURTHER 2WEEKS SOCIAL DISTANCING	×	×	✓	✓	✓	~

	ĩ	2	3	4	5	6
RESTING 12 LEAD ECG	×		~	~		~
BLOOD TESTS (CRP, BNP, TROPONIN)	×	×	•	•	~	~
ECG STRESS TEST	×	•	•	•	~	~
CARDIAC ECHO	×	•	•	•	•	•
CARDIAC MRI CARDIOLOGIST	×	×	×	•	•	•

Standard Gloves & PPE for ALL ATHLETE CONTACT AND ASSESSMENT



	1	2	3	4	5	6
SPIROMETRY BLOOD GAS ANALYSIS	×	•	•	_	~	~
SPIROERGOMETRY (CARDIOPULMONAR EXERCISE TESTING)	×	•	•	~	~	~
CHEST X-RAY	x	×	×	~	~	~
CT THORAX + LUNG SPECIALIST	×	×	×	•	•	•

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