

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



## GROUPS:

- GROUP 1** NO symptoms or evidence of SARS-CoV-2
- GROUP 2** **ASYMPTOMATIC** with a positive SARS-CoV-2 test
- GROUP 3** **MILD** symptomatic Covid-19 disease needing only outpatient treatment and self-isolation
- GROUP 4** **MODERATE** symptoms requiring inpatient treatment
- GROUP 5** **SEVERE** symptoms requiring inpatient treatment in intensive care **WITHOUT** artificial respiration
- GROUP 6** **SEVERE** symptoms requiring inpatient treatment in intensive care **WITH** artificial respiration



## 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	✗	✓	✓	✓	✓	✓
BLOOD TESTS (CRP, BNP, TROPONIN)	✗	✗	■	■	✓	✓
ECG STRESS TEST	✗	■	■	■	✓	✓
CARDIAC ECHO	✗	■	■	■	■	■
CARDIAC MRI + CARDIOLOGIST	✗	✗	✗	■	■	■

**\*Standard Gloves & PPE for ALL ATHLETE CONTACT AND ASSESSMENT\***



	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
SPIROMETRY BLOOD GAS ANALYSIS	✗	■	■	✓	✓	✓
SPIROERGOMETRY (CARDIOPULMONARY EXERCISE TESTING)	✗	■	■	✓	✓	✓
CHEST X-RAY	✗	✗	✗	✓	✓	✓
CT THORAX + LUNG SPECIALIST	✗	✗	✗	■	■	■

Designed by Andrew Shafik & Theodora Papadopoulou

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CARDIAC ECHO	✗	■	■	■	■	■
CARDIAC MRI + CARDIOLOGIST	✗	✗	✗	■	■	■

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