



COVID-19 AND HOCKEY: GUIDELINES FOR GRADED RETURN-TO-PLAY

Guidelines based on Recommendations: Phelan D, Kim JH, Chung EH. A Game Plan for the Resumption of Sport and Exercise After Coronavirus Disease 2019 (COVID-19) Infection. *JAMA Cardiol.* Published online May 13, 2020. doi:10.1001/jamacardio.2020.2136



Exercise with a current viral infection can worsen symptoms and increase the incidence of cardiac and respiratory complications.

Athletes that have had severe COVID-19 symptomatology, complicated disease progression, or that have required in-hospital management, are to be medically assessed (e.g. haematological, cardiac, respiratory) and cleared by appropriate medical specialist.

Guided by recommendations governing myocarditis and return to athletic activity for athletes.

Confirmed COVID-19 positive athletes that have experienced mild to moderate symptoms may begin a graded RTP under medical supervision if:

1. 10 days of complete rest from onset **AND**
2. 7 days symptom free **AND**
3. Treatment medication free



10 days of complete rest from onset



7 days symptom free



Treatment medication free

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