



COVID-19 INFECTION
U.S. SKI & SNOWBOARD
RETURN TO SPORT
CLEARANCE

**ASYMPTOMATIC
OR MILD ILLNESS**

Characterized by less than 48-hours of common cold-like symptoms +/- loss of taste and/or smell.

Medical evaluation, cardiopulmonary testing as needed.

Exercise under the advice of a physician

Return to sport progression.

Monitor for new symptoms during exercise.

**MODERATE
OR
SEVERE
ILLNESS**

Characterized by 48-hours or more of fever, chills, flu-like symptoms, chest pain, shortness of breath or palpitations.

Comprehensive medical evaluation including ECG. Labs to include troponin, ESR/CRP, and D-dimer. Pulse oximetry evaluation pre/post exercise.

Exercise under the advice of a physician.

Return to sport progression.

Monitor for new symptoms during exercise.

**OCCURRENCE OF
NEW SYMPTOMS
DURING RETURN TO
SPORT**

Symptoms may include but not limited to chest pain, excessive shortness of breath, palpitations, or unexplained exercise intolerance.

Comprehensive medical evaluation.

Specialty consultation before resuming exercise, as necessary.





Graded Return to Sport

Graded Return to Sport should be carefully monitored for signs of desaturation ($O_2 < 92\%$ at sea level, or “normal” for altitude), or return of any symptoms of post viral fatigue including, but not limited to, concentration or memory problems, sore throat, headache, swollen lymph nodes, unexplained muscle or joint pain.

The following symptoms should be monitored throughout the gRTT phase: symptom reporting, resting heart rate, [I-PRRS \(click for example\)](#) RPE. All return to training/competition should occur with medical staff on site for supervision.

Stage One: Return to Activity

Athletes who are asymptomatic or mildly ill may complete this stage during active infection while maintaining isolation under the advice of a physician only. If any symptoms return, the managing physician and sports medicine director should be notified and consulted prior to continued progression.

Criteria to enter: Under Physician advice.

- 15-20 min session below threshold using Zone 1-2 of HR guidelines (see attached)
- Allow for 2 sessions today as tolerated.

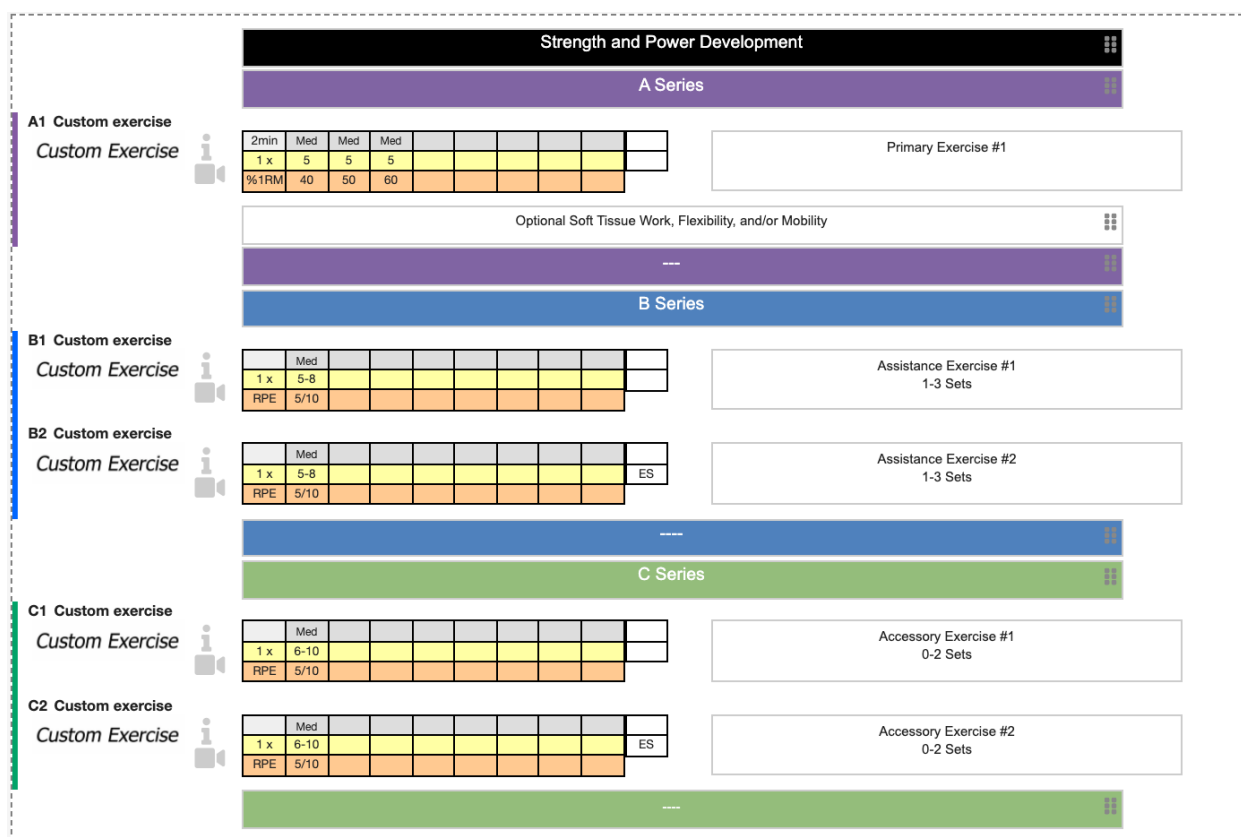
Criteria to Progress: a minimum of two (2) workouts within these parameters as well as Medical Clearance as described.

Stage Two: Progressive Return to Training

If any symptoms return, the managing physician and sports medicine director should be notified and consulted prior to continued progression.

1. Athlete completes 2 “deload” workouts to monitor for exercise tolerance:
 - 4-6 exercises; 1—2 sets at 50-60% 1RM with as much rest as needed.
2. Athlete to complete 2-3 stage progressive return to normal team volume & intensity of training, and then density of training over the course of a week.

Criteria to Progress: a minimum of two (2) workouts within these parameters; sample below.



Stage Three: Return to Competition

Criteria to enter: Completion of Stage Two and under consultation with Sports Medicine Director and Head Coach.

Final release to return with watchful monitoring as determined by physician, which may or may not include return to competition dependent on the time of year.

Note on Blood Flow Restriction Training: due to the hypercoagulability associated with COVID-19, blood flow restriction (BFR) training should be avoided until the athlete is clear to enter Stage 5: Return to Competition. Prior to any BFR training, expressed permission from the managing physician should be received in writing and included in the athlete's medical record.

COVID-19 PCR Testing post COVID+:

Given the current available evidence available, we know that an individual who has recovered from COVID-19 can shed non-infectious viral proteins that can turn a test positive. Therefore, U.S. Ski & Snowboard will not resume COVID-19 PCR testing on any individual has recovered within the last 90 days unless they are symptomatic, or it is required for travel/competition. All required surveillance testing of athletes or staff who have COVID+ will be separated from any other pooled testing for 90 days.

EXPOSURES to COVID-19 post COVID+:

The CDC provides the following guidance for close contacts **who were diagnosed with COVID-19** by a positive RT-PCR test for SARS-CoV-2 RNA within the last 90 days:

- Those **with no current symptoms** of COVID-19 do not have to quarantine, and retesting is not recommended.
- Those **with symptoms**, should begin self-isolation immediately for 10 days after symptom onset and consult with a medical provider to determine if they may have been re-infected with SARS-CoV-2 or if symptoms are caused by another etiology. Contacts with no primary healthcare provider will need to be connected to telemedicine (e.g., videoconference or phone consultation). Negative test results for contacts do not change the length of quarantine. It is still 14 days.

HEART RATE ZONES:

Anaerobic	HEART RATE ZONE 5 VERY HARD 90-100% OF HR MAX	Training on zone 5 improves your maximum performance. A lot of lactate is building up and you won't be able to continue for long. Benefits: Maximal or near maximal effort for breathing and muscles. Feels like: Very exhausting for breathing and muscles. Recommended for: Very experienced and fit athletes. Short intervals only, usually final preparation for short events.
	HEART RATE ZONE 4 HARD 80-90% OF HR MAX	Training on zone 4 improves your speed endurance, and your body gets better at using carbohydrates for energy. It also improves your body's ability to withstand higher levels of lactate in your blood. Benefits: Increased ability to sustain high speed endurance. Feels like: Causes muscular fatigue and heavy breathing. Recommended for: Experienced athletes for year-round training, and for various durations. Becomes more important during pre competition season.
Aerobic	HEART RATE ZONE 3 MODERATE 70-80% OF HR MAX	Training on zone 3 improves your aerobic fitness. On zone 3 lactate starts to build up in your bloodstream, but your body can reuse it as energy, and it won't yet affect your performance. Benefits: Enhances general training pace, makes moderate intensity efforts easier and improves efficiency. Feels like: Steady, controlled, fast breathing. Recommended for: Athletes training for events, or looking for performance gains.
	HEART RATE ZONE 2 LIGHT 60-70% OF HR MAX	Training in zone 2 develops your general endurance: it improves your body's ability to utilize fat as an energy source, or in other words to burn fat. Benefits: Improves general base fitness, improves recovery and boosts metabolism. Feels like: Comfortable and easy, low muscle and cardiovascular load. Recommended for: Everybody for long training sessions during base training periods and for recovery exercises during competition season.
	HEART RATE ZONE 1 VERY LIGHT 50-60% OF HR MAX	Training in zone 1 improves your overall health and helps you recover from more demanding training. Benefits: Helps to warm up and cool down and assists recovery. Feels like: Very easy, little strain. Recommended for: For recovery and cool-down exercises throughout the training season.