

MEDICAL CLEARANCE FORM
For Sports Participation After Positive Test or Symptoms of COVID-19

Name of Student-Athlete _____ School _____

County of Student-Athlete Residence _____ County of School _____

Date of Initial Symptoms _____ COVID-19 Tested? Yes ___ No ___ Date _____

WHAT IF ATHLETE IS SICK (Vaccine status does not alter the guidelines for persons that are ill)

- Any student-athlete that has symptoms and/or fever should not participate in any activity (meetings, practice, competition) and begin self-quarantine immediately.
 - Ensure that student-athletes with **a positive COVID test** (even if no symptoms) do not return to participation in training or competition until:
 - At least 5 days have passed since positive test (day 0 is first day of symptoms or positive test if asymptomatic); AND
 - No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND
 - COVID symptoms (for example, cough, shortness of breath, etc.) have improved;
 - Athletes may not return earlier if negative follow-up testing (cannot test out of isolation)
 - Days 6-10 - the athlete must wear a well-fitting mask when around others
 - If you are unable to wear a mask, then you should continue to isolate for a full 10 days
 - Vaccine status does not alter the above isolation guidelines for people that are ill.
 - Ensure that student-athletes **with probable COVID (symptoms of COVID– refer to [symptom chart](#)– but not tested)**, not be allowed to participate in any training or event until:
 - At least 5 days have passed since onset of symptoms (day of symptom onset is day 0); AND
 - No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND
 - COVID symptoms (for example, cough, shortness of breath, etc.) have improved.
 - Vaccine status does not alter the isolation guidelines for people that are ill.
 - Days 6-10 - the athlete must wear a well-fitting mask when around others
 - If you are unable to wear a mask, then you should continue to isolate for a full 10 days
- If a student tests negative, along with no fever without the use of fever-reducing medicine for the past 24 hours, they may be allowed to return with a hard copy of the negative test.

WHAT IF AN ATHLETE IS EXPOSED TO SOMEONE WHO HAS OR LIKELY HAS COVID (Vaccine status matters)

- Any student-athlete that is not fully vaccinated and has “close contact” (teammate, household, classroom, work, girlfriend/boyfriend, friend – someone with over 15 minutes of exposure within 6 feet) should begin self-quarantine immediately.

Who DOES NOT need to quarantine?

- You are ages 18 or older and have received all [recommended vaccine doses](#), including [boosters](#) and [additional primary shots](#) for some immunocompromised people.
- You are ages 5-17 years and completed the [primary series](#) of COVID-19 vaccines.
- You had confirmed COVID-19 within the last 90 days (you tested positive using a [viral test](#)).
 - These individuals should wear a well-fitting mask for 10 days (Day 0 is date of exposure)
 - If symptoms develop, isolate from others and follow the “what if an athlete is sick” guidelines above
 - Ideally, individuals should undergo a COVID test at least 5 days after exposure; however, individuals that had lab test confirmed COVID in the past 90 days do not need to test

If that test is positive, then isolate from others and follow the “what if an athlete is sick” guidelines above

Who DOES need to quarantine?

- Anyone that has not completed the primary vaccination series (2 doses of Moderna or Pfizer-BioNTech; 1 dose of Johnson & Johnson)
- Anyone that received the single-dose Johnson & Johnson vaccine over 2 months prior AND has not received a booster shot.
- Anyone that received the two-dose Pfizer-BioNTech vaccine over 5 months ago AND has not received a booster shot.
- Anyone that has received the two-dose Moderna vaccine over 6 months ago AND has not received a booster shot.

How to Quarantine

1. Individuals should stay away from others for 5 days (days 0 to 5) and wear a well-fitting mask when around others at home.
2. Monitor for symptoms or fever for 10 days after exposure to someone with COVID.
*If you develop symptoms, begin isolation and undergo COVID testing immediately.
3. If you do not develop symptoms by day 5, ideally undergo COVID testing
 - If positive, isolate from others and follow the “what if an athlete is sick” guidelines above
 - If negative, then may leave quarantine, but continue to wear a well-fitting mask days 6 to 10 when around others
 - If unable to test, then may leave quarantine if no symptoms, but continue to wear a well-fitting mask days 6 to 10 when around others

- Athletes may decondition during their quarantine and may require additional time to get back to full speed.
 1. If chest pain, difficulty breathing, heart palpitations, dizziness or exercise intolerance occur when returning to activity, stop activity immediately and seek out medical care
 - Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- I have reviewed the WIAA guidelines for return to participation for this athlete, and provide medical clearance to return as defined by the above guidelines.

Provider Name _____ License # _____
(MD, DO, PA, NP or Health Department)

Office Address _____ Office Phone # _____

Provider Signature _____ Date _____

Updated 3/22