

**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 OR EXPOSED**

- 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 10 days have passed since positive test; 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
    - No COVID symptoms (for example, cough, shortness of breath, etc.); AND
    - Written medical clearance from a health care provider (MD, DO, APNP, PA) allowing return
    - Athletes may not return earlier if negative follow-up testing (cannot test out of quarantine).
  - Ensure that student-athletes with "presumed" COVID (symptoms of COVID—refer to symptom chart—but not tested), not be allowed to participate in any training or event until:
    - At least 10 days have passed since onset of symptoms; 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
    - No COVID symptoms (for example, cough, shortness of breath, etc.); AND
    - Athlete may return with a hard copy of a negative COVID test, no fever, and written medical clearance from health care provider.
      1. Any individual that has no fever or symptoms that was quarantined based on exposure to this student-athlete may return to participation as long as they have no fever and no symptoms.
- Any student-athlete that 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.
  - If the student-athlete that was exposed previously had COVID (with a hard copy positive test) in the last 3 months, then there is no need to continue self-quarantine restrictions.
  - If the student-athlete that was exposed previously had "presumed" COVID (illness but not tested) in the last 3 months, then must continue with self-quarantine restrictions described below.
  - "Close contact" to an individual with a positive COVID test, student-athletes should not return until:
    - They have waited 14 days from last exposure to the infected person; AND
      1. This is a longer period of time than positive COVID test time due to the combination of exposure, virus incubation and elimination from the body. This is similar to influenza, which is why if influenza is caught early enough flu medications may be helpful, but if influenza caught too late in the course then flu medications are not helpful.
    - Have no fever without use of fever-reducing medications; AND
    - No COVID symptoms (for example, cough, shortness of breath, etc.)
    - Athletes may not return earlier if negative follow-up testing (cannot test out of quarantine).
      1. In rare instances where the infected positive exposure is a family member with prolonged illness, then discussion and medical clearance with health care providers can be individually obtained and reviewed.
  - "Close exposure" to an individual with "presumed" COVID (symptoms but not tested), student-athletes should not return until:
    - They have waited 14 days from last exposure to the infected person; AND
    - Have no fever without the use of fever-reducing medications; AND
    - No COVID symptoms (for example, cough, shortness of breath, etc.)
    - If the individual with "presumed" COVID is tested during the course of the quarantine:
      1. The test comes back negative, then all individuals quarantined based on that exposure are free to return to participation if no fever and no symptoms.
      2. The test comes back positive, then all individuals must follow the directions above (2c).
- Athletes may decondition during their quarantine and may require additional time to get back to full speed.

I have examined this athlete and reviewed the WIAA guidelines for return to participation and provide medical clearance to return as defined by the above guidelines.

Provider Name \_\_\_\_\_ License # \_\_\_\_\_  
(MD, DO, PA, NP)

Office Address \_\_\_\_\_ Office Phone # \_\_\_\_\_

Provider Signature \_\_\_\_\_ Date of Exam \_\_\_\_\_