



RETURN TO PLAY AFTER ILLNESS

Guidance on Returning to Play After Illness

When should children and adolescents return to play?

- Required period of isolation is complete and minimum amount of symptom-free time has passed.
- Can perform all activities of daily living
- No concerning signs/symptoms
- Physician clearance have been given if indicated or required

At what pace should children and adolescents return to play?

- < 12 years old: progress to own tolerance
- 12+ years old: gradual return to physical activity

Asymptomatic / Mild symptoms:

- Minimum 24 hours fever and symptom free, 2 days of increase in physical activity
 - (i.e. one light practice, one normal practice)

Moderate symptoms:

- Minimum 24 hours fever and symptom free and a minimum of 4 days of gradual increase in physical activity
 - (one light cardio workout on own, two light practices, one full practice)