

**Nazareth Area School District  
Athletic Training Department**

February 24, 2021

Dear Parent(s)/Guardian(s),

As we continually strive to provide the safest conditions and environment possible for the Nazareth student-athletes to continue athletic competition, I wanted to take a moment to pass along an important update regarding return-to-play following a COVID-19 infection.

Effective immediately, for any student-athlete returning to NASD sports following a positive (or presumed positive) COVID-19 diagnosis, they are required to provide written documentation from their primary care provider clearing them to return to sports. Additionally, once cleared to return to sports by their primary care provider, student-athletes who have a positive (or presumed positive) COVID-19 diagnosis will progress through a Gradual COVID-19 Return-to-Play Protocol upon their return.

The Gradual COVID-19 Return-to-Play Protocol is intended to help safely progress a student-athlete safely as they return to sports following a positive (or presumed positive) COVID-19 diagnosis. As we learn more about the course of COVID-19, physicians and healthcare professionals are seeing associated cardiac injury in athletes returning from a COVID-19 infection. The Gradual COVID-19 Return-to-Play Protocol is being adopted and implemented across the country by State Athletic Associations, hospital networks, school districts, etc., and is aimed at helping guide returning athletes to sports based on research and recommendations from various governing bodies across the country.

The protocol is presented in greater detail alongside the NASD Athletics Health and Safety Plan on the NASD Athletics website, and I encourage you to review it. In brief summary, once a student-athlete is cleared to return to sports by their primary care provider and has completed their isolation period, a student-athlete can expect to progress through the protocol and return to full activity (including game/event participation) after a minimum of seven days, provided they do not experience any symptoms or complications necessitating additional evaluation. Please remember, this protocol only applies to those student-athlete returning from a positive (or presumed positive) COVID-19 diagnosis, and is not applicable to those student-athletes who may have been in quarantine due to travel, close contact, etc. and remained symptom free and/or tested negative for COVID-19.

It is not lost on me that this is one additional step to an already stressful time in our lives. However, I do feel strongly that in providing the safest and environment for our student-athletes, this return-to-play protocol is an appropriate and proactive step in ensuring this. I appreciate your understanding, patience, and cooperation as we continue to navigate these uncharted waters.

Sincerely,



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Lead Athletic Trainer  
Nazareth Area School District  
St. Luke's University Health Network- Sports Medicine