

Highlights on Return to Physical Activity or Sports from American Academy of Pediatrics (AAP) COVID 19 Interim Guidance

- Isolate for a minimum of 5 days, be fever free for a minimum of 24 hours with no fever reducing medication, and improved symptoms.
 - Obtain physician clearance before returning to sports
 - Athletes are recommended to communicate with their athletic trainer
 - After isolation, minimum 1 day symptom free (excluding loss of taste/smell) before returning to practice
 - After isolation at least 1 day of practice prior to returning to competition is recommended
 - A face mask should be worn for ALL physical activity, including games or scrimmages, until 10 full days from positive test or symptom onset have passed.
- If a face mask cannot be worn during their sport (ie, swimming/diving), these individuals may participate in other physical activity (where a mask can be worn safely) as part of their progression until their 10 days have been completed and then can return to their sport without a mask.

Source and for more information please [see AAP COVID 19 interim guidance](#). 9/20/2022

Updates and changes:

- Athletes can return to sport after isolation, with improved symptoms as long as a mask can be worn.