

**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
    - 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).
  - 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 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
    - COVID symptoms (for example, cough, shortness of breath, etc.) have improved.
  - If a student tests negative, along with no fever without the use of fever-reducing medicine for the past 24 hours, they may allowed to return with a hard copy of the negative test.
- 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 PCR test) in the last 3 months and that student is asymptomatic, 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 at least 10 days from last exposure to the infected person; AND
    - Have no fever without use of fever-reducing medications; AND
    - No COVID symptoms (for example, cough, shortness of breath, etc.) reported during daily monitoring.
    - Athletes may return after day 7 if:
      1. No symptoms were reported during daily monitoring; AND
      2. The person has a negative PCR test obtained on day 6 or 7 of quarantine.
    - Daily symptom monitoring must continue for a full 14 days (post-quarantine transmission risk is estimated to be 1-10% after 10 days & 5-12% after 7 days with the above protocol).
    - The athlete must strictly adhere to social distancing guidelines, wearing a mask and avoiding gatherings for a full 14 days after exposure.
  - “Close exposure” to an individual with probable COVID (symptoms but not tested), student-athletes should not return until:
    - They have waited at least 10 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 probable COVID is tested with a PCR test during the course of the quarantine:
      1. The PCR 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 (close contact).
    - Athletes may return after day 7 if:
      1. No symptoms were reported during daily monitoring; AND
      2. The person being quarantined has a negative PCR test obtained on day 6 or 7 of quarantine.
- Athletes may decondition during their quarantine and may require additional time to get back to full speed.

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 \_\_\_\_\_

