



COVID SAFETY PRECAUTIONS AND EXPECTATIONS – RETURN TO PLAY (RTP)/PHYSICIAN RELEASE

Student-Athlete: Positive Covid PCR+

What to do if you have an athlete with a Positive Test?

The athlete will need to be in quarantine and withheld from others/sports for a minimum of:

- 14 days & 1 day asymptomatic from the administered PCR(+) test date.
- Meet with ATC to determine RTP progression.

Student-Athlete: Positive Close Contact “Known Exposure”- People identified as exposed (close contact) are those who spent at least 15 minutes within 6’ of the case; NO MASK, while the case was infectious (the infectious period starts 2 days before the case was tested, if they did not present with symptoms).

What to do if you have an athlete with a “Known Exposure?”

- Self-Quarantine for 14 Days (regardless of negative PCR test, if administered)
- May Have PCR test at any time. If positive revert to COVID + process.
- If asymptomatic throughout quarantine period, since contact exposure, no PCR Test needed to Return to Play (RTP).
- If symptoms arise during quarantine period, a PCR Test would need to be administered.

Note: If the student-athlete is Covid PCR+ he/she will need a PHYSICIANS MEDICAL CLEARANCE prior to RTP (MSHSL by Law 107.00). *See Page 6*

If a student-athlete wishes to be seen by our TCO MD’s regarding RTP medical considerations. Here is what the student athletes need:

- 1) Copy of positive test with date of positive.
- 2) Copy of a negative test, performed when the patient has been asymptomatic for 10 days (minimum day 11 test).
- 3) Contact Mairead Griffin, TCO Clinical Navigator, 952-456-7415 (maireadgriffin@tcomn.com) and she will be able to schedule the visit once these criteria are met. Patient cannot be scheduled until 10 days symptom free and a documented negative COVID test a minimum of day 11 from positive test.
- 4) Any school specific requirements for RTP clearance. This will be more applicable for college & pro. At the HS level, required evaluation will be guided by the managing physician unless the school, district, or MSHSL has a higher level of precedence for required testing (e.g. labs, echo, stress test).
- 5) Meet with ATC to discuss progression into exertional activities.



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Team Physician: Covid-19 Return to Sport

Dr. David Olson, MD

Fellowship: Sports Medicine

TCO Locations: Eagan- Viking Lakes

David Olson, MD, is a primary care sports medicine physician specializing in a wide range of sports medicine concerns; including, Covid-19 management, diagnosis and management of concussions, and acute and chronic musculoskeletal issues. Dr. Olson is an experienced sports medicine physician who has worked with various levels of athletes, from professional/elite athletes to the weekend warrior.

*Team Physician: Minnesota Twins

*Team Physician: Minnesota Vikings

*Medical Director and Team Physician: University of St. Thomas

*Team Physician: U.S. Weightlifting

*Team Physician: U.S. Soccer

*Team Physician: Roseville High School

Current COVID-19 Resources for Coaches, Student-Athletes, and Families:

COVID-19 Testing Locations. Pdf

<https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp>

COVID-19 Sports Guidance for Youth & Adults. Pdf

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

COVID-19 Prevention Guidance for Youth and Student Programs. Pdf

<https://www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf>

COVID-19 What to do if you're waiting for test results? Pdf

<https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf>

COVID-19 MSHSL NOTICE. Pdf

<https://www.mshsl.org/sites/default/files/2020-08/mshsl-covid-final-notice.pdf>

COACHES SAFETY CHECKLIST: FOR SPORTS PARTICIPATION DURING COVID-19

https://www.nata.org/sites/default/files/general_sports_safety_checklist_during_covid-19.pdf