



TO: CAL Basketball Coordinators

FROM: CAL Administration

RE: Return to Play (RTP) Protocol

DATE: January 12, 2021

Below please find the available return to play protocol that we understand is being utilized by the Rhode Island Interscholastic League. It is intended to provide guidance in the event one of your athletes should test positive for Covid-19 this season.

Excerpt from:

“RIIL SPORTS MEDICINE ADVISORY COMMITTEE PROTOCOLS”

Return to Play (RTP) Procedures after COVID-19 Infection

- Athletes who have tested positive for COVID-19 must be cleared by their primary care physician or a medical professional prior to beginning the RTP Protocol below.
- Athletes must complete the progression below without development of shortness of breath, respiratory difficulty, chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, the athlete should be referred back to their evaluating physician.
  - The 7-Day RTP Procedure below should be overseen by a Licensed Medical Professional.
  - Stage 1: (2 Days Minimum) Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
  - Stage 2: (1 Day Minimum) Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate.
  - Stage 3: (1 Day Minimum) Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
  - Stage 4: (2 Days Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.
  - Stage 5: Return to full activity.