



## COVID-19 Interim Guidance: Return to Sports and Physical Activity

### Clinical Practice Guideline

#### MedStar Health

*"These guidelines are provided to assist physicians and other clinicians in making decisions regarding the care of their patients. They are not a substitute for individual judgment brought to each clinical situation by the patient's primary care provider in collaboration with the patient. As with all clinical reference resources, they reflect the best understanding of the science of medicine at the time of publication but should be used with the clear understanding that continued research may result in new knowledge and recommendations."*

MedStar Pediatrics and MedStar Family Choice accept and endorse the clinical guideline set forth by the American Academy of Pediatrics: COVID-19 Interim Guidance: Return to Sports and Physical Activity, 2022.

The complete online version of this article/guideline is available at: [COVID-19 Interim Guidance: Return to Sports and Physical Activity \(aap.org\)](https://www.aap.org/clinical-guidance/covid-19-interim-guidance-return-to-sports-and-physical-activity)

<b><u>Initial Approval Date and Reviews:</u></b> Endorsed and Effective: 5/2021	<b><u>Most Recent Revision and Approval</u></b> <b><u>Date:</u></b> 1/2022	<b><u>Next Scheduled Review Date:</u></b> May 1/2023 by Pediatric Ambulatory Workgroup Condition: <b>COVID-19 Interim Guidance: Return to Sports</b>
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