

BISON

SPORTS MEDICINE

OBU ATHLETICS: POST-COVID19 RETURN TO PLAY PROTOCOL

TESTING (+)

Once a student-athlete has tested (+) for COVID19, they must complete the [student health notification form](#). This will trigger a response from our Campus Life team and beginning an isolation period of 10 days relative to the onset of symptoms (at minimum; this isolation time may be extended depending on lingering of symptoms and/or medical provider advice).

POST-ISOLATION

Once a student-athlete has been cleared from their isolation period by our Campus Life team and returned to campus/class, that will trigger the beginning of the Gradual RTP Protocol to resume athletic participation.

In adherence to the [NCAA's guidance of Resocialization of Collegiate Sports](#) and in conjunction with the [NCAA COVID-19 algorithm for cardiac concerns](#), our OBU Athletic administration and OBU team physicians have determined the following testing procedures for any student-athlete that has tested (+):

- **Student-athletes w/ Asymptomatic (+) test**
(those that test + and are completely asymptomatic)
 - Referral to MD
 - **Clinical evaluation & EKG**
 - if EKG is normal -> return to play per physician guidance/RTP protocol
 - if EKG is abnormal -> refer for echocardiogram
 - if echocardiogram is normal -> return to play per physician guidance AND RTP protocol
 - if echo is abnormal -> refer to cardiologist for further evaluation
 - will progress student-athlete based on cardiologist recommendations

- **Student-athletes w/ Symptomatic (+) test**
(those that test + and have one or more COVID19-related symptoms)
 - Referral to MD
 - **Clinical evaluation, EKG AND echocardiogram**
 - if EKG/echo is normal -> return to play per physician guidance AND return to play protocol
 - if EKG/echo is abnormal -> refer to cardiologist for further evaluation
 - will progress student-athlete based on cardiologist recommendations

Our athletes are being evaluated for post-COVID cardiac related complications, including myocarditis. This is in accordance with guidelines set forth by the American Academy of Cardiologists (AAC) and American Medical Society for Sports Medicine (AMSSM). The NCAA has issued guidance as well. During the initial evaluation with the physician, it will be determined if the student athlete needs further cardiac testing, imaging, or consultation with a cardiologist.

All of our symptomatic student-athletes that test (+) will have to get an echocardiogram.

Our medical partner, SSM Shawnee (Hospital), is working with us to schedule echocardiograms as quickly and efficiently as possible. They have agreed to a discounted cash pay at the time of service.

RETURN TO PLAY

After successfully completing all necessary testing, the student-athlete will then go through a [gradual RTP protocol](#) to ensure a safe return to athletic participation. This gradual RTP will approximately 7 days. After successful completion of the RTP protocol, the student-athlete can return to full activity w/o restrictions.