

GUIDANCE ON KANSAS HIGH SCHOOL ATHLETICS ASSOCIATION PHYSICAL SUPPLEMENTAL COVID-19 FORM



Connie Christian, MBA, CPHRM

KAMMCO, Facility Risk Management & Patient Safety Advisor

Yolanda Sims, JD, MHA

KAMMCO, Loss Prevention & Risk Management Advisor

In reference to questions regarding the Kansas High School Athletics Association (KSHSAA) Physical supplemental COVID-19 form and any increased liability the provider may anticipate for those student athletes that have a previous diagnosis of COVID-19 or expressed previous symptoms of COVID-19.

The KAMMCO Risk Management team would encourage insured providers to review the reference document [“Cardiopulmonary Considerations for High School Student Athletes During the COVID-19 Pandemic: NFHS-AMSSM Guidance Statement”](#) as this is the document the form was based. We know the question of returning to sports is significant because of the possibility for COVID-19 to contribute to cardiac damage and myocarditis.

Risk Recommendations:

- We will advise the provider that the document provides several supplemental pieces of information, such as further questions that are not included on the form filled out by the student athlete or parent and a decision tree to assist the school and provider in moving forward with a treatment or return to play procedures. In addition, we will suggest providers evaluate the following variables when considering the question of return to play:
 - How recent was the COVID-19 infection?
 - How severe was the infection?
 - What is the physical activity or sport being considered?
- We will advise the provider to have the student athlete’s medical record available and use their clinical judgment when interviewing, examining and documenting the student athlete’s physical exam to participate in an athletic sport when they have expressed a previous diagnosis of COVID-19 or have indicated on the form they have previously experienced symptoms of COVID-19.
- We will advise the provider to ask and document whether the student athlete’s school or sports club has a graduated return to play protocol program in place. A graduated return to play protocol is a progressive program that introduces physical activity and sport in a stepwise fashion. This is important because a graduated approach contributes to a safe and gradual return to competition through monitoring of the athlete’s condition by a trained health care professional or designated school personnel.

Should the student athlete require further clinical work-up to determine their level of athletic participation, the American College of Cardiology has issued a statement on [“Returning to Play after Coronavirus Infection: Pediatric Cardiologists’ Perspective.”](#) and Children’s Mercy has also provided guidance that may be helpful: [“Recommendations for a Safe Return to Sport and Physical Activity After COVID-19.”](#)

- We will encourage the provider to perform, or refer the student athlete to an appropriate specialist when necessary, required diagnostic evaluations to provide clear understanding of the student athlete’s medical status.
- As for the liability associated with signing the release for the student athlete to participate in an athletic activity; a written clearance to return to play does not guarantee all student athletes will be safe. We will encourage the provider to use their clinical judgment based on valid up-to-date information and document their evaluation and thought processes thoroughly in the medical record (not just on the form) prior to signing the release form for participation.

This document should not be interpreted as medical or legal advice. Because the facts pertaining to your situation may fluctuate, or the laws in your jurisdiction might vary, please contact your attorney if you have questions related to your legal or medical obligations or rights, state or federal laws, contract interpretation, or other legal questions.