World Triathlon

Coronavirus RTP Algorithm for Competitive Athletes

COVID-19 POSITIVE

Asymptomatic

Self isolation for 10 days

Rest no exercise for 2 weeks from the positive test

Anamnesis,
Physical Examination
ECG
Echocardiography

Normal

Gradual RTP

RTP

Mild /Moderate Symptoms Non hospitalized

No clinical or radiological evidence of Pneumonia or CVS Symptoms

Self-isolation for 10 days.

No exercise for 2 weeks from symptoms onset

2 weeks of convalescence after symptoms resolution.

Pneumonic patches

No exercise for 4 weeks

RTP only if asymptomatic

RTP under Doctor Supervision

Anamnesis,
Physical Examination,
ECG,
Spirometry,
Echocardiography,
CPX,
Consider CMRI

CVS abnormality suspected

Evaluation by cardiologist

Anamnesis,
Physical Examination,
ECG,
Spirometry,
Echocardiography,
CMRI,
hs-cTn

Myocarditis

No exercise for at least 3-6 months

RTP only after

- Normalization of cardiac markers
- Normalization of LV dimension
- Cessation of clinically significant arrhythmia on a 24 Holter monitor

New CV symptom Develop

Clinical Evaluation

ECG, hs-Tn
Echocardiography,
CMRI

NORMAL TEST RESULT