

**COVID-19 CARDIAC/PULMONARY HEALTH MEDICAL CLEARANCE
ACKNOWLEDGMENT**

COVID-19 presents unique health issues that should be considered by students prior to a return to sports and exercise. The long-term effects of Covid-19 continue to be the source of debate and new information is constantly being discovered. It now appears that while many young persons afflicted with COVID-19 have mild symptoms or remain asymptomatic, the virus may result in infection that causes direct injury or inflammation to the heart and lungs. These injuries may cause permanent injury or even death. If you have additional questions or concerns about the long-term risks of COVID-19 and your student, please seek the advice of a medical professional.

Although evidence of the prevalence of such risks remain limited, in the interest of protecting students, the Missouri State High School Activities Association (MSHSAA) has mandated that students returning to activities after a COVID-19 infection must obtain a release from a physician, including a cardiac screen for myocarditis/myocardial ischemia.

Pursuant to MSHSAA’s requirements, it is required that your student receive a medical clearance from their medical provider prior to returning to sports or exercise participation if they were previously diagnosed, or reasonably believed to have been infected, with COVID-19. The National Federation of State High School Associations (NFHS) and the American Medical Society for Sports Medicine (AMSSM) have further recommended that all students previously diagnosed, or reasonably believed to have been infected, with COVID-19, regardless of whether they were asymptomatic, mildly to moderately symptomatic at home, or were hospitalized with severe symptoms, seek medical clearance to return to activities.

As you previously agreed in the District’s “COVID-19 Permission Form & Waiver – Student Activities,” it is your responsibility to ensure your student’s return to sports or exercise is approved by a medical professional.

By signing, you acknowledge the potential risk of cardiac or pulmonary injury, including death, associated with your student’s participation in sports and/or related exercise after a COVID-19 infection. You understand the risks associated with such injury cannot be entirely mitigated despite reasonable efforts of the District, staff, parents and students. You accept sole responsibility in mitigating the specific cardiac or pulmonary health risks by seeking medical clearance for your student prior to their return to sports and/or related exercises.

Signature of Parent/Guardian

Date