



As students return to school, it is important to determine how to ensure a safe return to classrooms and activities, including exercise and physical activities. According to the American Academy of Pediatrics (AAP), “Approximately 35 to 45 million youth six to eighteen years of age participate in some form of athletics. The COVID-19 pandemic has affected many aspects of the lives of children and families, including your sport activity.” As the COVID-19 pandemic continues, many have seen the complications it can cause. As a result of AB 856, information and guidelines regarding the safe return of students to exercise and physical activity after exhibiting signs or symptoms of, or testing positive for COVID-19 are posted to the internet for schools and educators, parents/guardians, and youth as specified in California *Education Code (EC)* sections 33477.3 and 33477.9.

<https://www.cde.ca.gov/pd/ca/pe/covidyouthhealthact.asp>

EC Article 13.3. [COVID-19 Youth Health Information Act](#) (334477–33477.9) (Article 13.5 added by Statutes 2021, Chapter 123, Section 1)

The guidelines are summarized in this [COVID-19 Youth Health Information Act Resource Sheet](#) (PDF), provided by the Eric Paredes Save a Life Foundation, which also includes links to various resources.

Guidelines, videos, and other relevant materials related to COVID-19 and youth preparticipation physical evaluations, cardiac testing, and heart health:

- AAP
 - Youth Sports: [A COVID-19 Safety Checklist](#)
 - Includes information regarding returning to physical activity after COVID-19 infection with no, mild, moderate, or severe symptoms
 - COVID-19 Interim Guidance: [Return to Sports and Physical Activity](#)
 - Youth Sports and COVID-19: [Understanding the Risks](#)