

To: Pediatric Medical Provider

Re: Post Covid-19 Infection Medical Release for Ballet San Angelo

While we know that San Angelo medical providers are implementing the “Return to Play after Covid-19 Infection” algorithm for student athletes, we suspect that dancers may not be on their radar for also needing clearance. As our upper level dancers are required to engage in high intensity physical activity on a daily basis, comparable to that of middle/high school athletics, we are seeking your help in ensuring their safe participation.

We have referred this patient to you for clearance to participate in a gradual return to play (i.e.dance class) after she/he has been asymptomatic for 10 days. After medical clearance, the student will be allowed to begin a gradual progression of physical activity at BSA; the standard form used by our community’s trainers/coaches has been modified for dance.

We greatly appreciate your help in keeping all of our students healthy and safe, and welcome any questions you have regarding this.

Respectfully,

Erin Lane, Artistic Director, Ballet San Angelo
Sandy Seifert, M.D., Shannon Pediatric Department

rev: September 13, 2021