



Graduated Return to Play Protocol

| Description of Stage | Date Completed | Supervised by |
|---|----------------|---------------|
| <p>STAGE 1: LIGHT AEROBIC ACTIVITY <u>Begin stage 1 when:</u> Student is cleared by health care provider and has no symptoms</p> <p><u>Sample activities for stage 1:</u> 20-30 minutes jogging, stationary bike or treadmill</p> | | |
| <p>STAGE 2: HEAVY AEROBIC AND STRENGTH ACTIVITY <u>Begin stage 2 when:</u> 24 hours have passed since student began stage 1 AND student has not experienced any return of symptoms in the previous 24 hours</p> <p><u>Sample activities for stage 2:</u> Progressive resistance training workout consisting of all of the following:</p> <ul style="list-style-type: none"> • 4 laps around field or 10 minutes on stationary bike, and • Ten 60 yard sprints, and • 5 sets of 5 reps: Front squats/push-ups/shoulder press, and • 3-5 laps or walking lunges | | |
| <p>STAGE 3: FUNCTIONAL, INDIVIDUAL SPORT-SPECIFIC DRILLS WITHOUT RISK OF CONTACT <u>Begin stage 3 when:</u> 24 hours have passed since student began stage 2 AND student has not experienced any return of symptoms in the previous 24 hours</p> <p><u>Sample activities for stage 3:</u> 30-45 minutes of functional/sport specific drills coordinated by coach or athletic trainer. NOTE: no heading of soccer ball or drills involving blocking sled.</p> | | |
| <p>STAGE 4: NON-CONTACT PRACTICE <u>Begin stage 4 when:</u> 24 hours have passed since student began stage 3 AND student has not experienced any return of symptoms in the previous 24 hours</p> <p><u>Sample activities for stage 4:</u> Full participation in team’s regular strength and conditioning program. NOTE: no heading of soccer ball or drills involving blocking sled permitted.</p> | | |
| <p>STAGE 5: FULL-CONTACT PRACTICE AND FULL PARTICIPATION IN PHYSICAL EDUCATION <u>Begin stage 5 when:</u> 24 hours have passed since student began stage 4 AND student has not experienced any return of symptoms in the previous 24 hours</p> <p><u>Sample activities for stage 5:</u> Unrestricted participation in practices and physical education</p> | | |
| <p>STAGE 6: RETURN TO GAME <u>Begin stage 6 when:</u> 24 hours have passed since student began stage 5 AND student has not experienced any return of symptoms in the previous 24 hours</p> | | |