



<b>For official use only:</b> Name of Athlete _____ Sport/season _____ Date Received _____
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### Graduated Return to Play Protocol

Description of Stage	Date Completed	Supervised by
<p><b>STAGE 1: LIGHT AEROBIC ACTIVITY</b></p> <p><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><b>STAGE 2: HEAVY AEROBIC AND STRENGTH ACTIVITY</b></p> <p><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"> <li>• 4 laps around field or 10 minutes on stationary bike, and</li> <li>• Ten 60 yard sprints, and</li> <li>• 5 sets of 5 reps: Front squats/push-ups/shoulder press, and</li> <li>• 3-5 laps or walking lunges</li> </ul>		
<p><b>STAGE 3: FUNCTIONAL, INDIVIDUAL SPORT-SPECIFIC DRILLS WITHOUT RISK OF CONTACT</b></p> <p><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><b>STAGE 4: NON-CONTACT PRACTICE</b></p> <p><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><b>STAGE 5: FULL-CONTACT PRACTICE AND FULL PARTICIPATION IN PHYSICAL EDUCATION</b></p> <p><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><b>STAGE 6: RETURN TO GAME</b></p> <p><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>		