



**DEPARTMENT OF ATHLETICS
GRADUATED RETURN TO ATHLETICS AFTER HEAD INJURY/CONCUSSION**

Name: _____

Date of Head Injury: _____

Once you are completely symptom-free, you may begin the steps for return to play. Day 1 is following the first symptom-free day and after the Return to Academics Protocol has been completed.

Day 1	Light aerobic exercise: walking or stationary cycling, light jogging. No resistance training. No heavy exertion. Limit to 30 minutes.	ATC/RN _____ Date _____ ATHLETE _____
Day 2	Sport specific training: stretching routine, agility drills, change of direction, sprinting. No <i>extended</i> exertion. No contact. No helmet or equipment.	ATC/RN _____ Date _____ ATHLETE _____
Day 3	Light contact training: resume body contact drills, limit direct head contact (tackle drills in football, heading in soccer) wear helmet if appropriate, light resistance training (weight lifting)	ATC/RN _____ Date _____ ATHLETE _____
Day 4	Full contact PRACTICE: participation in all areas of practice, contact is allowed (tackle drills, heading) Resistance training is full.	ATC/RN _____ Date _____ ATHLETE _____
Day 5	Game Play.	ATC/RN _____ Date _____ ATHLETE _____

If any post-concussion symptoms develop at any stage, drop back to the previous level and try to progress again in 24 hours. No medications may be taken during any step of the progression. This is to prevent masking a more serious underlying condition. You must check in with your coach or athletic director every day PRIOR to practice to review these steps.