

# RETURN TO PLAY PROTOCOL

Typically, each phase should occur in a 24 hour period, allowing for the athlete to rest and the observation of the onset of any delayed post-activity signs and symptoms. If any post-concussive symptoms do occur along the stepwise progression, the athlete is required to drop back to the previous asymptomatic stage and follow the return to play protocol after a rest period of 24 hours.

<b><u>Day</u></b>	<b><u>Stage</u></b>	<b><u>Activity</u></b>
1*	No Activity	Complete Cognitive Testing & Physical Rest
2	Aerobic Exercise	Jogging, walking, stationary bike
3	Sport Specific Activity	Light contact play/fundamental drills
4	Full Contact Practice/Game	Normal Training Activities

- If athlete has already had three or more days of rest at the time of successful IMPACT post-injury test, the athlete may go immediately to Day 2 (Aerobic Stage)