

MEDICAL CLEARANCE RETURN TO PLAY (RTP) PROTOCOL

STUDENT'S NAME _____ **GRADE** _____

DATE INJURED _____

THE ABOVE STUDENT IS MEDICALLY CLEARED TO RETURN TO SPORTS (PRACTICE/GAMES) AND PHYSICAL EDUCATION CLASSES ACCORDING TO THE PROTOCOL BELOW.

SIGNATURE OF PHYSICIAN(MD OR DO) _____ **DATE** _____

PRINTED/STAMPED

NAME AND PHONE _____

Baseline (Step 0): As the baseline step of the Return to Play Progression, the athlete needs to have completed physical and cognitive rest and not be experiencing concussion symptoms for a minimum of 24 hours.

Day 1: Return to school for Full day

Day 2-Step 1: Light Aerobic Exercise

The Goal: only to increase an athlete's heart rate.

The Time: 5 to 10 minutes.

The Activities: stationary bike with no resistance, walking, or light jogging.

Absolutely no weight lifting, jumping or hard running.

Day 3-Step 2: Moderate Exercise

The Goal: limited body and head movement.

The Time: Reduced from typical routine

The Activities: moderate jogging, brief running, moderate-intensity stationary biking, and moderate-intensity weightlifting

Absolutely no head impact activities

Day 4-Step 3: Sport Specific Non-contact Exercise

The Time: Close to Typical Routine

The Activities: Low resistance weight training routine with a spotter, and non-contact sport-specific drills.

This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.

Day 5-Step 4: Sport Specific Non-contact Drills

The Activities: running, high-intensity stationary biking, the player's regular weightlifting routine, and non-contact sport-specific drills. This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.

Day 6-Step 5: Full contact training drills and intense aerobic activity

The Goal: Reintegrate in full contact practice.

Day 7-Step 6: Return to full activities without restriction

The Goal: Return to competition

It is important to monitor symptoms and cognitive function carefully during each increase of exertion. Athletes should only progress to the next level of exertion if they are not experiencing symptoms at the current level.

- A. **ATHLETE MUST REMAIN ASYMPTOMATIC TO PROGRESS TO THE NEXT LEVEL.**
- B. **IF SYMPTOMS RECUR, ATHLETE MUST RETURN TO PREVIOUS LEVEL AFTER BEING SYMPTOM FREE FOR 24 HOURS.**