

Concussion Management

Return to Play Protocol once symptom free for 24 hours and cleared by an authorized licensed physician:

Day 1: Low impact, non strenuous, light aerobic activity.

Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.

Day 3: Sport specific non-contact activity. Low resistance weight training with a spotter.

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

Day 5: Full contact training drills and intense aerobic activity.

Day 6: Return to full activities with clearance from the School Medical Director.

**Please check in daily with the health office to advise of athlete's progress. Progress will be charted to monitor athlete's ability to official return to play.*