

Student Name: \_\_\_\_\_

Activity: \_\_\_\_\_

## GRADUATED RETURN TO PLAY PROTOCOL

Stage	Functional Exercise or Activity	Objective
<b>1. No structured physical or cognitive activity</b>  Date Tested: _____	Only Basic Activities of Daily Living (ADLs). When indicated, complete cognitive rest followed by gradual reintroduction of schoolwork.	<b>Rest and recovery, avoidance of overexertion.</b>  Date Cleared: _____ Initial _____
<b>2. Light Aerobic Physical Activity</b>  Date Tested: _____	Non-impact aerobic activity (e.g. swimming, stationary biking) at <70% estimated maximum heart rate for up to 30 minutes as symptoms allow.	<b>Increase heart rate, maintain condition, assess tolerance of activity.</b>  Date Cleared: _____ Initial _____
<b>3. Moderate aerobic physical activity and Non-contact training drills at half speed</b>  Date Tested: _____	Non-contact sport specific drills at reduced speed; Aerobic activity at 70-85% estimated maximum heart rate; light resistance training (e.g. weights at <50% previous max ability)	<b>Begin assimilation into team dynamics, introduce more motion and non-impact jarring.</b>  Date Cleared: _____ Initial _____
<b>4. Non-contact training drills at full speed</b>  Date Tested: _____	Regular Non-contact training drills; aerobic activity at maximum capacity including sprints; regular weight lifting routine	<b>Ensure tolerance of all regular activities short of physical contact.</b>  Date Cleared: _____ Initial _____
<b>5. Full Contact Practice</b>  Date Tested: _____	Full Contact Practice	<b>Assess functional skills by coaching staff, ensure tolerance of contact activities.</b>  Date Cleared: _____ Initial _____
<b>6. Return to Play</b>	<b>Regular game competition</b>	