

## Return to Play Progression

### **Step 1: Rest**

*No physical activity while symptomatic.*

This means any symptoms such as headache, blurred vision, brain fog etc. If in doubt, sit them out and/or contact a healthcare professional. Headaches, and vision or light sensitivities are non starters for activity.

### **Step 2 (Phase 1): Light Aerobic Activity**

*Once asymptomatic, athletes can begin light aerobic activity.*

Symptoms must be gone for at least 24 hours. Light aerobic activity in practice is the warm up, with conditioning drills at a slower pace at the end. During practice while others are drilling/playing, they can work with a healthcare professional or do some squats, planks, run a few laps. Essentially, it is important to get their heart rate up but nothing at max speed. Ensure to ask athletes about symptoms.

### **Step 3 (Phase 2): Moderate Activity**

*Sport-specific exercise.*

This includes all drills that do not involve contact. They should perform with no pads or helmet. They can run routes, or throw if they are a QB. If they are linemen, they can go through their movements but they can't hit a sled, pads or a teammate.

### **Step 4: Phase 3: Heavy, Non-contact**

*Practice in pads and helmet.*

No- contact in this context means against another teammate. They can hit pads, tackle a dummy, sled, etc. No tackling others.

### **Step 5 (Phase 4): Full Contact**

*In drills in pads and helmet.*

Opportunity to have a full go at practice.

### **Step 6: Cleared for Competition**

If athlete experiences symptoms during these phases, they rest for 24 hours then drop back to the last phase they were symptomatic.

#### **What are return to play decisions based upon?**

- The absence of symptoms with a graded and step-wise exercise progression
- The results of subsequent ImPact tests and your child's ability to return to baseline levels
- Coordinated communication between your child's medical provider and our team

#### **What does a concussion evaluation & medical screening look at?**

Below is a brief overview of what our concussion care program consists of a thorough medical screening and physical examination which will assess the following areas:

- Cognitive function
- Oculomotor (eye muscle) function
- Affective (emotional) status
- Cervical spine (neck)
- Headache symptoms
- Cardiovascular system
- Vestibular system (inner ear)