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**SAMPLE (Organization Name Here) Return To Play Plan**

This sample plan should take approximately one week to complete once the player has stopped experiencing concussion symptoms. Each step should take one day to complete if the player experiences no symptoms during or after these steps. This plan should only be performed with the written approval and guidance of a health care professional and in the presence of the player's parent/guardian. Some steps may be completed prior to your player attending practice again so be sure to check with the player's parents/guardian before beginning any plan. Make certain that you and the parent or guardian have the player follow the doctor's instructions carefully throughout each step.

**Step 1** - Increase the player's heart rate with some light aerobic exercises - for just 5-10 minutes - with limited head or body movement. These can include walking, light jogging and riding an exercise bike. It is important that no physical contact is involved.

**Step 2** - Increase the player's heart rate a little more with exercises that incorporate limited head or body movement. This can include moderate jogging or stationary biking, light calisthenics and even brief sprinting. This step can last between 20-30 minutes.

**Step 3** - Now the player can begin heavy non-contact activity. Sprinting or running, intense exercise biking, agility exercises, jumping or weightlifting drills and non-contact sports-specific drills can be attempted. As the exercise becomes more intense the session can last between 45-60 minutes.

**Step 4** - Reintroduce the player into a controlled practice experience and allow for full contact. Make sure the other players are aware that the player has experienced a concussion so they are not too rough during the activity.

**Step 5** - Allow the player to return to game activity - as long as he or she has not experienced any setbacks during any of the preceding steps.

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