Once the athlete sustains a concussion, it is important for them to be cleared by a trained physician before returning to activity.

They cannot return to sport unless:
1. You have a clearance note from a physician stating they are able to return to full activity.
2. They have completed Steps 1-3 prior to their first practice.
   a. An example of this process is outlined below.
      i. Each step of this process should be done 1 day after the last. If signs or symptoms returning, the athlete should rest until symptom free, then return to the previous stage. If the athlete is unable to move past a step, they should return to their physician.

*It’s important to remember an athlete MUST have a FULL contact practice prior to playing in a game.*

<table>
<thead>
<tr>
<th>Step</th>
<th>Exercise</th>
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</table>
| 1    | Light Aerobic Activity  
Goal: Initial movement and increase heart rate  
Restrictions: No jogging/running; no resistance training  
Activity: Stationary bike, walking, 15-20 minutes total; |
| 2    | Sport Specific Exercise  
Goal: Add multidirectional movement, head movement;  
Restrictions: No sprinting, resistance training, contact exercises  
Activity: body weight exercises; jogging; |
| 3    | Non-Contact Training Drills  
Goal: complex training drills, coordination, cognition  
Restrictions: NO CONTACT, no heading  
Activity: Running drills, footwork drills, cardio stations and agility drills; Begin Resistance Training; |
| 4    | Full Contact Practice  
Goal: Restore confidence and assess functional skills by coaching staff  
Restrictions: First practice back- allow breaks as needed  
Activity: normal training activity |
| 5    | Game Day/ Continue full practice  
Goal: integrate athlete back into game play  
Restrictions: None  
Activity: Game Play; If 6th day is not on game day, continue with unrestricted practice. |