

# *Missisquoi Valley Union High School*

## *Athletic Department*



### Gradual Return to Play Following a Potential Head Injury

This return to play plan will only start when the athlete has been without any symptoms for 24 hours. If at any time during the steps, symptoms return, wait 24 hours and return to step 1.

It is important to wait 24 hours between steps because symptoms may develop several hours after completing a step.

The athlete should be free of any pain medications before and while progressing through the steps (no ibuprofen, aspirin etc.)

This program will be closely monitored by an appropriate staff member (i.e. coach, athletic trainer, and athletic director) and will be reviewed step by step with the athletic trainer or the designee. The appropriate staff member will be designated by either the athletic trainer or athletic director.

**Step 1** Aerobic conditioning- walking or stationary bike

Intensity level 4 out of 10

Duration- no more than 30 minutes

If no symptoms appear, wait 24 hours and move on to Step 2.

**Step 2** Sport specific drills- skating for hockey, running drill for soccer and basketball

Intensity level 5 out of 10

Duration- no more than 60 minutes

If no symptoms appear, wait 24 hours and move on to Step 3.

**Step 3** Non-contact training drills- include more complex training drills i.e. passing and receiving drills, more complex running drills.

Intensity level 7 out of 10

Duration- no more than 90 minutes

No head contact or potential for body impact.

OK to start resistance training.

If no symptoms appear, wait 24 hours and move on to Step 4.

**Step 4** Full contact practice

No intensity or duration restrictions.

If no symptoms appear, wait 24 hours and move on to Step 5.

**Step 5** Full clearance for return to play.

See separate Return to Learn Guideline – Return to learn will be supervised by the school nurse.