



CONCUSSION RETURN TO PLAY PROTOCOL:

Return-to-play decisions are complex. In accordance to the MSHSL, a student-athlete may be cleared to return to competition when the student-athlete is free of all signs and symptoms of a concussion at rest and during exercise. Once free of symptoms and signs of concussion, a stepwise symptom free exercise process is required before a student-athlete can return to competition.

- Each step requires a minimum of 24 hours.
- The student-athlete can proceed to the next level only if he/she continues to be free of any symptoms and or signs at the current level.
- If any symptoms or signs recur, the student-athlete drops back to the previous level.
- After a concussion has been diagnosed, only an Appropriate Health Care Professional can authorize a subsequent return to play.

The return-to-play after a concussion is a step-wise process.

EACH STEP REQUIRES A MINIMUM OF 24 HOURS.

STEPS:	DATE:	COMMENTS:
No Activity Symptom free for 24-hours		
SPORTGAIT Post-Injury Test (If applicable)		
Light Aerobic Exercise (walking/stationary/bike/elliptical/no resistance training)		
Sport Specific Exercise (skating in hockey, running in soccer, progress with aerobic/anaerobic resistance training)		
Non-contact Training Drills		
Full-contact Training Drills		
Game Play		