
**MSHSL RETURN TO PLAY PROTOCOL: CONCUSSIONS**

Return-to-play decisions are complex. 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 by an Allied Health Care Professional, only a physician 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.**

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| **Date** |  | **Step-Wise Process Description; MUST Be Done in Sequence** |
|  |  | **No Activity:** complete rest until all symptoms have resolved. |
|  |  | **Light:** aerobic exercise such as walking or stationary cycling, no resistance training |
|  |  | **Sport Specific Exercise:** i.e. skating in hockey, running in soccer, progress with aerobic/anaerobic resistance training |
|  |  | **Non-contact:** training drills |
|  |  | **Full-contact:** training after medical clearance |
|  |  | **Game Play** |