

A Graduated Return-to-Play (RTP)

STAGE	ACTIVITY	FUNCTIONAL EXERCISE	CHILD/STUDENT EQUIVALENT	OBJECTIVE OF STAGE
1	No physical activity as long as there are symptoms <i>(This step could take days or even weeks)</i>	Complete physical rest	Quiet time with maximum rest	Recovery
	<i>When 100% symptom free for 24 hours proceed to Stage 2. (Recommend longer symptom-free periods at each stage for younger student/athletes) ▼</i>			
2	Light aerobic activity	Walking, swimming, stationary cycling - 10-15 minutes of exercise, no resistance	Solitary play or quiet play alone or with parent	Increase heart rate <i>(light to moderate workout not requiring cognitive attention or high degree of coordination)</i>
	<i>If symptoms reemerge with this level of exertion, then return to the previous stage. If the student remains symptom free for 24 hours after this level of exertion, then proceed to the next stage. ▼</i>			
3	Sport-specific exercise	Skating/running drills, 20-30 minutes - no weightlifting, no head contact	Supervised play, low risk activities	Add movement <i>(increased attention and coordination required)</i>
	<i>If symptoms re-emerge with this level of exertion then return to the previous stage. If the student remains symptom free for 24 hours after this level of exertion then proceed to the next stage. ▼</i>			
4	Non-contact training drills	Progression to more complex training drills; may start progressive resistance training	May run/jump as tolerated	Exercise, coordination <i>(mimics athlete's sport without risk of head injury)</i>
	<i>If symptoms re-emerge with this level of exertion then return to the previous stage. If the student remains symptom free for 24 hours after this level of exertion then proceed to the next stage. ▼</i>			
5	Full-contact practice	Following medical clearance, participate in normal training activities; full exertion	Normal participation with parental/ adult supervision	Restore confidence and assess functional skills by coaching staff <i>(or family)</i>
	<i>If symptoms re-emerge with this level of exertion then return to the previous stage. If the student remains symptom free for 24 hours after this level of exertion then proceed to the next stage. ▼</i>			
6	Return to play	Normal game play	Normal playtime	No restrictions