

## **NWC Return to Activity Progression after Concussion Release:**

Once an athlete no longer has signs, symptoms, or behaviors of a concussion and has been seen by a licensed professional and released back to play by the licensed professional, then coaches are required to follow the Return to Play protocol steps to allow the brain to adjust to exercise. In most cases, the athletes will progress one step each day, depending on the judgement of the athletic trainer or the health care professional in charge. The return to play activity progression may proceed following medical clearance. The athlete is not allowed to compete until they have completed all the steps of the Return to Play protocol under the oversight of the NWC Athletic Director, athletic trainer, coach, or other designated representative.

### **NAME OF ATHLETE:**

\_\_\_\_\_

#### **Step 1: Light Aerobic Exercise**      **Date of Clearance**\_\_\_\_\_

The goal: only to increase an athlete's heart rate. The time: 5 to 10 minutes. The activities: exercise bike, walking, or light jogging. Absolutely no weightlifting, jumping, or running hard.

#### **Step 2: Moderate Exercise**      **Date of Clearance**\_\_\_\_\_

The Goal: limited body and head movement. The time: Reduced from a typical routine. The Activities: moderate jogging, brief running, moderate-intensity stationary biking and moderate-intensity weightlifting.

#### **Step 3: Non-contact Exercise**      **Date of Clearance**\_\_\_\_\_

The Goal: more intense, but non-contact. The time: Close to typical routine. The activities: running, high intensity stationary biking, the player's regular weightlifting routine, and non-contact sport-specific drills. This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.

#### **Step 4: Practice**      **Date of Clearance**\_\_\_\_\_

The Goal: Reintegrate in full contact practice.

#### **Step 5: Play**      **Date of Clearance**\_\_\_\_\_

The Goal: Return to competition

Signature of Coach

\_\_\_\_\_

Signature of Athletic Director

\_\_\_\_\_