

# Concussion Return to Play Protocol(RTP)

During the first few days of recovery, athletes who have sustained concussion should restrict physical activities. Once initial symptoms are manageable, light physical activity such as walking is often recommended. Athlete must be **cleared by physician** to begin the RTP.

## Steps for Safe Return to Play:

- **Step 1: Back to regular activities (such as school)**  
Athlete is back to their regular activities (such as school) and has the green-light from their healthcare provider to begin the return to play process. An athlete's return to regular activities involves a stepwise process. It starts with a few days of rest (2-3 days) and is followed by light activity (such as short walks) and moderate activity (such as riding a stationary bike) that do not worsen symptoms.
- **Step 2: Light aerobic activity**  
Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.
- **Step 3: Moderate activity**  
Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight from their typical routine).
- **Step 4: Heavy, non-contact activity**  
Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).
- **Step 4.5: Pass Sway and Impact Test**
- **Step 5: Practice & full contact**  
Young athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.
- **Step 6: Competition**  
Young athlete may return to competition.