

**Carmel Central Schools
Head Injury
Return to Play Protocol (RTP)**

<u>Stages</u>	<u>Activity</u>	<u>Progression</u>
Stage 1	Rest until symptom free (asymptomatic)	<ul style="list-style-type: none"> • To begin stage one the athlete must be completely symptom free for a 24 hour period
Stage 2	Light aerobic exercise	<ul style="list-style-type: none"> • <i>Fast walk/stationary bike or elliptical for 15-20 minutes, supervised</i> • Stop activity if any signs or symptoms return. • If symptomatic post exertion within 24 hours, rest until asymptomatic and restart stage 2. • When asymptomatic for 24 hours, successful completion of stage 2 may proceed to stage 3 the following day.
Stage 3	Moderate Aerobic exercise	<ul style="list-style-type: none"> • <i>Jogging/running 20 minutes, supervised</i> • Stop activity if any signs or symptoms return. • If symptomatic post exertion within 24 hours, rest until asymptomatic and restart stage 3. • When asymptomatic for 24 hours, successful completion of stage 3 may proceed to stage 4 the following day.
Stage 4	Non-contact sport specific activity	<ul style="list-style-type: none"> • <i>Sport specific drills i.e.- dribbling, catching, throwing, agility up to 1 hour</i> • Stop activity if any signs or symptoms return. • If symptomatic post exertion within 24 hours, rest until asymptomatic and restart stage 4. • When asymptomatic for 24 hours, successful completion of stage 4 may proceed to stage 5 the following day.
Stage 5	Full participation in practice without contact	<ul style="list-style-type: none"> • <u>No scrimmaging</u> • Stop activity if any signs or symptoms return. • If symptomatic post exertion within 24 hours, rest until asymptomatic and restart stage 5. • When asymptomatic for 24 hours, successful completion of stage 5 may proceed to stage 6 the following day.

Stage 6	Full participation in practice no restriction	<ul style="list-style-type: none"> • <i>Scrimmaging is allowed and athlete can participate in all drills</i> • Stop activity if any signs or symptoms return. • If symptomatic post exertion within 24 hours, rest until asymptomatic and restart stage 6. • When asymptomatic for 24 hours, successful completion of stage 6 may proceed to stage 7 the following day.
Stage 7	Cleared for RTP to competition no restrictions	<ul style="list-style-type: none"> • Final clearance by athletic trainer.

- No more than one stage can be performed on any given day. If the athlete experiences any symptoms during any phase or the following 24 hours the athlete will drop back down to the previous asymptomatic stage and resume the progress after 24 hours.
- If there are previous concussions the athlete will be handled on a case by case basis. Athletes with 2 or more concussions will require additional rest and may be held out for the season. Athletes with 3 or more concussions will not be allowed to participate in contact sports until cleared by a neurologist.