

STEP-WISE RETURN TO PLAY PROTOCOL (MSHSL Standards)

Return to play decisions are complex. An athlete may be cleared to return to competition when the player is free of all signs & symptoms of a concussion at rest & during exercise and cleared by an Allied Health Care Professional. Once free of symptoms and signs of concussion, a stepwise symptom free exercise process is required before an athlete can return to competition. Below is the accepted best-practice for return to play after a concussion supported by the MSHSL, NCAA, and professional sports organizations.

- A period of 24-48 hours of both relative physical & cognitive rest is recommended before beginning the Return to Play Progression.
- Each step requires a minimum of 24 hours.
- The player can proceed to the next level only if s/he continues to be free of any symptoms and or signs at the current level.
- If any symptoms or signs recur, the player should drop back to the previous level.
- After a concussion has been diagnosed by an Allied Health Care Professional, only a AHCP 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.

DATE	Step-wise Progression MUST be performed in sequence
	Symptom-limited activity: Daily activities that do not provoke symptoms.
	Light activity: Aerobic exercise such as walking, stationary bike. No weight training.
	Sport-specific activity: running/sprinting, skating, agility drills. No head contact.
	Non-contact activity: return to modified sport activity/practice, non-contact drills, weight training.
	Full-contact activity: return to full participation after medical clearance.
	Game Play