



# Montcrest

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## Return to Play Concussion Protocol SUMMARY

**STEP 1:** No activity, complete rest. Once the student is asymptomatic (concussion symptoms and signs have stopped) proceed to Step 2.

**STEP 2:** Light aerobic exercise, such as walking or stationary cycling, for 10-15 minutes. No resistance training.

**STEP 3:** Sport-specific exercise (e.g., ball drills, shooting drills) for 20-30 minutes. No resistance/weight training.

**STEP 4:** “In class” physical education activities/intramural activities/clubs in which there is no opportunity for contact (e.g., aerobics routine, dance, badminton, and volleyball). May add light resistance training and progress to heavier weights. For interschool activities, on field/court/ice activities such as ball drills, shooting drills and other activities in which there is no opportunity for contact. May also add light resistance training and progress to heavier weights. The time needed to progress from “in-class activities” to “regular physical education activity” will vary with the severity of the concussion and the student. For interschool activities, the time needed to progress from non-contact to contact exercise will vary with the severity of the concussion and the student.

The teacher’s initials must be on the “**Request to Resume Physical Education/Activity and/or Athletic**” form to indicate that the student has completed Steps 3 and 4.

**STEP 5:** Regular physical education /intramural activities/clubs which involve minimal contact and/or full contact training/practice for interschool activities, as applicable.

**STEP 6:** Game play for interschool activities, as applicable.