RETURN TO PLAY PROTOCOL

**DAY 1:**

Light aerobic exercise designed to increase heart rate, no resistance exercise (weight lifting). Examples include stationary bike or elliptical for 15-20 minutes.

**Day 2:**

Brisk walking, light jog on track for 8-10 minutes, designed to gradually increase heart rate.

**Day 3:**

Sports Specific Non-contact drills, NO CONTACT, no team drills (no activities that place athlete at risk of head contact).

**Day 4:**

Full practice participation, this step CANNOT include a pre-game warm-up, it must simulate a full team/contact practice; this is mandated by Washington State Law and WIAA by-laws.

NOTE:

Each step in the progression must be completed and a 24-hour period must past without symptoms. For example if day 1 is completed on a Monday at 4 pm, the athlete must be symptom free until Tuesday at 4 pm. If symptoms return during the activity or anywhere in the 24 hour period the protocol does not progress until the athlete can compete the day with 24 hours symptom free.

**This RTP protocol is Washington State Law, the athlete must complete the RTP protocol prior to returning.**

**Day 4 CANNOT be a pre-game warm-up with the team, it must be a full contact practice**.