



## **POST CONCUSSION RETURN TO PLAY GUIDELINES**

Each of the following steps must be performed 24 hours apart. Athletes must remain asymptomatic (symptom free) in order to progress to the next step. If any symptoms return during the progression, the athlete should return to the previous step after a 24 hour (minimum) rest period.

1. No physical activity until the athlete is 100% symptom free
2. Light aerobic exercise (e.g. walking, stationary biking), no resistance/weight training
3. Sport specific exercise (drills specific to athlete's sport)
4. Non-contact training drills and light resistance/weight training
5. Full contact practice
6. Return to play (normal game play)