

Name \_\_\_\_\_  
 School \_\_\_\_\_

Date of Injury \_\_\_\_\_  
 Date of RTP Clearance \_\_\_\_\_

Person Responsible for Return to Play Process: \_\_\_\_\_ Athletic Coach \_\_\_\_\_ PE Teacher  
 \_\_\_\_\_ Athletic Trainer

## KINGSTON RETURN TO PLAY / PE / RECESS PROTOCOL

### 5-STEP RETURN TO PLAY POLICY – GRADES 7-12

With no symptoms, a gradual return to play / PE program can be initiated. Follow these gradual steps of the training sequence. There should be 24 hours (or longer) in between each step. If any symptoms return at any time during these activities, stop the workout and allow rest until symptom-free for 24 hours. Return to the previous asymptomatic step.

	Date / Initial	Activity	Coach Comments
<b>Step 1:</b> <u>Light</u> general conditioning exercises. Goal is to slowly increase heart rate.		<b>Secondary:</b> Begin with some basic or sport specific warmup. Do 15-20 minutes of light cardio workout; stationary bike, fast walking, light job, galloping <70% HR 100-120	
**Nurse/Athletic Trainer Comments			
<b>Step 2:</b> <u>Moderate</u> general conditioning and sport specific individual skill work. Goal is to add movement.		<b>Secondary:</b> Sport or activity specific warmup. Slowly increase intensity and duration of workout to 15-25 minutes. Begin sport specific skill work without any spins, dives, or jumps. <80% HR 120-140	
**Nurse/Athletic Trainer Comments			
<b>Step 3:</b> <u>Heavy</u> general conditioning. Individual and team work. NO CONTACT. Goal is to add more movement laterally and increase speed.		<b>Secondary:</b> Continue with general conditioning up to 20 minutes for PE / 60 minutes for athlete. Increase intensity and duration. Begin skill work with partner and team without contact. Add basic dives, spins and jumps. <90% HR 140-160	
**Nurse/Athletic Trainer Comments			
<b>Step 4:</b> <u>Heavy</u> general conditioning, skill work and team drills. No live scrimmages. Very little contact. Goal is to add more individual and team skill work and light static contact.		<b>Secondary:</b> Resume regular conditioning and duration of practice. Increase the intensity of training and gradually increase skill level of all activities including dives, spins and jumps. Very light contact. No HR restrictions.	
**Nurse/Athletic Trainer Comments			
<b>Step 5:</b> <u>Full</u> participation in <u>Sport</u> Practice, PE, and Recess. Full contact.		<b>Secondary:</b> Participates in full return to <u>team practice</u> , PE class and recess. If full practice is completed with no symptoms, then return to competition is appropriate.	
**Nurse/Athletic Trainer Comments			

To be completed by coach / physical education teacher / athletic trainer in conjunction with the school nurse. After successful completion of the 5 steps, the Lead Nurse or Athletic Trainer will contact the Medical Director for final clearance.

Completed forms will go to the appropriate Lead Nurse for Medical Director to review.

**The Medical Director has final clearance.**