

Name _____ Date of Injury _____

School _____ Date of RTP Clearance _____

Person Responsible for Return to Play Process: PE Teacher

KINGSTON RETURN TO PLAY / PE / RECESS PROTOCOL

5-STEP RETURN TO PLAY POLICY – GRADES K-6

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
Step 1: Light Activity / Non-Contact		Elementary: Walking the perimeter of gym, away from other students. Time: 5 minutes.	
**Nurse Comments			
Step 2: Mid Activity / Non-Contact		Elementary: Speed walking perimeter of gym, away from other students. Time: 10 minutes.	
**Nurse Comments			
Step 3: Moderate Activity / Non-Contact		Elementary: 10 minutes of walking, jogging, gallop, skipping or speed walking PLUS 10 minutes of jump rope, single leg hops, or group work. Total time: 20 minutes.	
**Nurse Comments			
Step 4: Heavy Activity / Non-Contact		Elementary: Regular PE activity; however, avoid any risk for contact. Time: 30 minutes.	
**Nurse Comments			
Step 5: Full participation in PE class		Elementary: Participates in full return to PE activities. Time: 40 minutes.	
** Nurse Comments			

To be completed by physical education teacher in conjunction with the school nurse; each entry must be dated and signed. 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 clearan