## Omaha Public Schools

**Concussion graduated return to sport protocol**

<table>
<thead>
<tr>
<th>Date</th>
<th>Stage</th>
<th>Aim</th>
<th>Activity</th>
<th>Specific exercises</th>
<th>Goal of each step</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Symptom-limited activity</td>
<td>Daily activities that do not provoke symptoms</td>
<td></td>
<td>Gradual reintroduction of work/school activities</td>
<td></td>
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<tr>
<td>2</td>
<td>Light aerobic exercise</td>
<td>Walking or stationary cycling at slow to medium pace. No resistance training</td>
<td>Non-contact activities at practice site or weight room</td>
<td>Increase heart rate</td>
<td></td>
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<tr>
<td>3</td>
<td>Sport specific exercise</td>
<td>Basic running or jumping activities. No head impact activities</td>
<td>Non-contact activities at practice site or weight room</td>
<td>Add movements</td>
<td></td>
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<tr>
<td>4</td>
<td>Non-contact training drills</td>
<td>Advanced training drills. e.g. passing drills. May start progressive resistance training</td>
<td></td>
<td>Exercise, coordination and increased thinking</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Full contact practice</td>
<td>Following medical clearance, participation in normal training activities.</td>
<td>Participate in normal practice session with team</td>
<td>Restore confidence and assess functional skills by coaching staff</td>
<td></td>
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<tr>
<td>6</td>
<td>Return to sport</td>
<td>Normal game play</td>
<td></td>
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</tbody>
</table>

* There should be at least 24 hours for each step in the progression. If any symptoms increase during exercise, the student athlete should stop and inform the Athletic Trainer.