

Omaha Public Schools
Concussion graduated return to sport protocol

Student name: _____ Sport: _____

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

* 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.