

## **MHS Concussion Return to Play Stages**

After being cleared by either the athlete's primary care physician or the physician who diagnosed the athlete with a concussion, the athlete must present a copy of their return to play note to the athletic trainer and school nurse. At that point, Mansfield High School follows a 5-day return to play protocol, regardless of the doctor's recommended return to play. The 5 steps are as follows:

- **Day 1:** Light Aerobic Exercise (jogging, biking, swimming, etc.)
- **Day 2:** Moderate Aerobic Exercise (jogging, biking, swimming, light plyometric exercise, etc.)
- **Day 3:** Sport Specific Drills
- **Day 4:** Non-Contact Practice
- **Day 5:** Full Contact Practice

If the student athlete experiences any return of symptoms during the return to play protocol, they must stop their activity immediately and wait 24 hours before attempting the last day that they did not complete. Once the athlete has made it through all 5 days symptom free, they will be cleared by the athletic trainer and allowed to return to full play.