Graduated Return to Play Protocol

**NO ACTIVITY**
Duration: Until Medical Clearance
Goals: Complete Physical And Cognitive Rest

**DAY 1**
**Light Aerobic Exercise**
Duration: 15-20 Minutes
Goals: Light General Conditioning | Increase Heart Rate
Activities: Fast-Paced Walking, Light Jogging, Stationary Bicycle

**DAY 2**
**Sport Specific Exercise**
Duration: 20-30 Minutes
Goals: Moderate General Conditioning | Begin Individual Skill Work
Activities: Moderate Jogging, Dribble Basketball, Juggle Soccer Ball, etc.

**DAY 3**
**Non-Contact Training Drills**
Duration: Up to 60 Minutes
Goals: Heavy General Conditioning | Begin Drills With A Teammate
Activities: Run Sprints, Moderate Weightlifting, Passing Drills, Push Sleds, etc.

**DAY 4**
**Light Contact Training Drills**
Duration: Entire Practice
Goals: Resume Regular Conditioning | Begin Drills With The Entire Team
Activities: Contact With Bags & Dummies, Review Team Plays, etc.

**DAY 5**
**Full Contact Practice**
Duration: Entire Practice
Goals: Participate In Regular Practice | Resume Regular Contact

**DAY 6**
**RETURN TO GAME**

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