

## WIAA Return to Play/PE class Protocol

WIAA policy states that in order to resume activity, the student-athlete must be **symptom free** and off any pain control or headache medications that they were not taking prior to the concussion. The athlete should be carrying a full academic load without any significant accommodations for 1-2 days. Finally, the athlete must have written medical clearance from an appropriate health care provider (i.e MD, NP, PA) as well as complete a 6 - step return to play progression with the school's athletic trainer. A note stating that your child is cleared MUST be turned in to the athletic trainer or athletics office. This note must be received before the start of step five (full contact practice).

Your child should check in with the athletic trainer each day after school to rate their symptoms. Once your child reports that they have been symptom free for 24 hours, they can be cleared by a physician, nurse practitioner, or physician's assistant and start step one (If your child is still symptomatic, he or she will not be cleared by a doctor and will have to go back for a second appointment).

The program described below is a guideline for returning concussed student-athletes when they are symptom free. Student-athletes with multiple concussions and athletes with prolonged symptoms often require a prolonged or different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program allows for one-step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

The six-step return to play progression is as follows:

**Step 1:** Daily activities that do not increase symptoms (reintroduction to school, work and walking)

**Step 2:** light aerobic activity, such as, going for a walk or stationary biking for 15-20 minutes. Heart rate <55-70% of max HR

**Step 3:** Sport-specific exercise: moderate to higher intensity running or skating drills, but no activities with risk of head impact. This allows for increased heart rate and agility/movement.

**Step 4:** Cardio and body weight exercise circuit (Non- Contact Practice)

**Step 5:** Full contact practice – **Doctor's note must be turned in before this step can be started**

**Step 6:** Full game clearance

If symptoms return at any time, activity must be stopped and the protocol will be restarted when your child is symptom free again for 24 hours. No two steps can be completed in the same day.

**\*\*\*Being cleared by an MD, NP or PA does not mean your child is cleared for competition or PE class. The five step return to play progression must be completed AND a doctor's note must be turned in.\*\*\***