



## RETURN-TO-PLAY SOCCER PROCEDURES FOLLOWING CONCUSSION

### FIELD PLAYER

The athlete must be asymptomatic at rest and during heavy exertion, including mental exertion in school, and asymptomatic during light activity before being permitted to engage in more strenuous activities. Once the athlete is asymptomatic, they can advance to full activity under the direct supervision of the athletic director, coach, or school nurse, following the PCS Step-Wise progression.

Progression is individualized and will be determined on a case-by-case basis. Factors that may affect the rate of progression include acute markers of injury (e.g., loss of consciousness or amnesia), a prior history of head injury or concussion, the duration and type of symptoms, the athlete's age, and the sport or activity in which the athlete participates.

The athlete should be excluded from all activities until they are asymptomatic at rest for at least 24 hours, although it is preferable to remain asymptomatic for at least 48 hours. This asymptomatic period includes mental exertion in school to help reduce the re-emergence of symptoms once the Return-To-Play (RTP) protocol is initiated.

PLEASE NOTE: If any symptoms of a concussion occur while performing the RTP protocol, the athlete should stop all activity until they are symptom-free for an additional 1-2 days. Once symptoms resolve, they can resume at the phase where they were previously symptom-free (returning to the last successful phase).

PHASE	DURATION	TIME ALLOCATION	ACTIVITY
Phase 1	1-2 Days	15 minutes	Walk or use a stationary bike at a low intensity, keeping your heart rate low (approximately 50% of your maximal effort)—NO weightlifting activities.
Phase 2	1-2 Days	10 minutes	Stationary bike or jogging at moderate intensity, trying to keep heart rate moderate (60-75% of maximal effort).
	1-2 Days	5 minutes	Juggling Ball
	1-2 Days	5 minutes	Dribbling Ball-Straight Line
	1-2 Days	5 minutes	Shooting
Phase 2	1-2 Days		May begin light upper body weightlifting activities (50% or less of max)-NO abdominal crunches, or push-ups
Phase 3	1-2 Days	5 minutes	Warm-Up: Jogging at light to moderate intensity (50-75%)
	1-2 Days	10-15 minutes	Interval Training at 75-85% intensity
	1-2 Days	20 minutes total	Juggling ball-footwork, Dribbling ball-straight line, around cones (clockwise & counterclockwise), changes of directions, Shooting Drills-NO HEADERS!
	1-2 Days		May begin light lower body weightlifting activities (50% or less of max)
Phase 4	1-2 Days		Full practice with light contact.
	1-2 Days	5 minutes	Warm-Up: Can be with team, but NO contact and NO heading!
	1-2 Days	10 minutes	Speed Work: Progressively increase intensity to 75-100% (max speed)
	1-2 Days	10 minutes	Agility Work: Progressively increase intensity to 75-100% (max speed)
	1-2 Days	10 minutes	Shooting on goal
Phase 5	1-2 Days		Full Practice
Phase 6			Written clearance from the school nurse.
Phase 7			Return to Full Competition/Game Play

The student has successfully completed all phases without symptoms and is cleared for full participation. All documents have been received.

School Nurse Signature \_\_\_\_\_

Date \_\_\_\_\_



## RETURN-TO-PLAY SOCCER PROCEDURES FOLLOWING CONCUSSION

### GOALKEEPER

The athlete must be asymptomatic at rest and during heavy exertion, including mental exertion in school, and asymptomatic during light activity before being permitted to engage in more strenuous activities. Once the athlete is asymptomatic, they can advance to full activity under the direct supervision of the athletic director, coach, or school nurse, following the PCS Step-Wise progression.

Progression is individualized and will be determined on a case-by-case basis. Factors that may affect the rate of progression include acute markers of injury (e.g., loss of consciousness or amnesia), a prior history of head injury or concussion, the duration and type of symptoms, the athlete's age, and the sport or activity in which the athlete participates.

The athlete should be excluded from all activities until they are asymptomatic at rest for at least 24 hours, although it is preferable to remain asymptomatic for at least 48 hours. This asymptomatic period includes mental exertion in school to help reduce the re-emergence of symptoms once the Return-To-Play (RTP) protocol is initiated.

PLEASE NOTE: If any symptoms of a concussion occur while performing the RTP protocol, the athlete should stop all activity until they are symptom-free for an additional 1-2 days. Once symptoms resolve, they can resume at the phase where they were previously symptom-free (returning to the last successful phase).

PHASE	DURATION	TIME ALLOCATION	ACTIVITY
<b>Phase 1</b>	1-2 Days	15 minutes	Walk or use a stationary bike at a low intensity, keeping your heart rate low (approximately 50% of your maximal effort). NO weightlifting activities.
<b>Phase 2</b>	1-2 Days	10 minutes	Stationary bike or jogging at moderate intensity, trying to keep heart rate moderate (60-75% of maximal effort).
	1-2 Days	5 minutes	Juggling Ball-NO opponent contact/NO headers
	1-2 Days	5 minutes	Dribbling Ball-Straight Line-NO opponent contact/NO headers
	1-2 Days	5 minutes	Punting-NO opponent contact/NO headers
	1-2 Days	5 minutes	Catching Drills-light toss to keeper-NO groundwork/NO headers
	1-2 Days		May begin light upper body weightlifting activities (50% or less of max)-NO abdominal crunches, or push-ups
<b>Phase 3</b>	1-2 Days	5 minutes	Warm-Up: Jogging at light to moderate intensity (50-75%)
	1-2 Days	10-15 minutes	Interval Training at 75-85% intensity
	1-2 Days	20 minutes total	Juggling ball-footwork, Dribbling ball-straight line, around cones (clockwise & counterclockwise), changes of directions, Punting/Throwing/Catching Drills (light toss with groundwork)-NO HEADERS!
	1-2 Days		May begin light lower body weightlifting activities (50% or less of max)
<b>Phase 4</b>	1-2 Days		Full practice with light contact.
	1-2 Days	5 minutes	Warm-Up: can be with team, but NO contact and NO heading!
	1-2 Days	10 minutes	Speed Work: Progressively increase intensity to 75-100% (max speed)
	1-2 Days	10 minutes	Agility Work: Progressively increase intensity to 75-100% (max speed)
	1-2 Days	10 minutes	Punting and Throwing: Can be with team, but NO contact & NO heading! Set 1: 10 Max-proper technique-tossed from NO further than 6 yards Set 2: 10 Max-proper technique-tossed from greater than 6 yards and at an increased speed
		20 minutes	Small side field work (3 v 3, 5 v 5)

<b>Phase 5</b>	1-2 Days	5 minutes	Warm-up
	1-2 Days		Headers: set 1: 10 Max-proper technique- Received from NO greater than 10 yards 5-MINUTE REST PERIOD Headers: set 2: 10 max-proper technique- Received from greater than 10 yards and at an increased speed  5 MINUTE REST PERIOD
	1-2 Days		Full Practice Full weightlifting, agility, and conditioning activities
<b>Phase 6</b>			Written clearance from the school nurse.
<b>Phase 7</b>			Return to Full Competition/Game Play

The student has successfully completed all phases without symptoms and is cleared for full participation. All documents have been received.

School Nurse Signature \_\_\_\_\_

Date \_\_\_\_\_