



## RETURN-TO-PLAY PROCEDURES FOLLOWING CONCUSSION

### VOLLEYBALL

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). Over-the-back toss, Overhead wall tosses at 50%, NO weightlifting activities.
Phase 2	1-2 Days	20-30 minutes	Stationary bike or jogging at moderate intensity, trying to keep heart rate moderate (60-75% of maximal effort).
	1-2 Days	5-10 minutes	Passing against the wall
	1-2 Days	10 minutes	Approach, hitting, and blocking footwork (position-specific)
	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	10 minutes	Full warm-up with the team
	1-2 Days	Up to 45 minutes	General, individual sport-specific drills without contact. Add movement, change of direction, light jumping, blocking, hitting/serving. NO head impact activities: Controlled digging drills allowed.
	1-2 Days		May begin light lower body weightlifting activities (50% or less of max)
Phase 4	1-2 Days		Full practice progression to more complex, light-contact, sport-specific training drills
	1-2 Days		Serving/receiving and peppering allowed
	1-2 Days		NO "live" scrimmage/ball digging allowed
	1-2 Days		Full unrestricted weight training
Phase 5	1-2 Days		Participate in normal training activities, but NO games or competition play.
	1-2 Days		Full weightlifting, agility, and conditioning activities
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 \_\_\_\_\_