

RETURN TO PLAY GUIDELINES (Zurich Protocol).

An RSU 13 student/athlete recovering from a concussive incident may return to play using the following guidelines (Zurich Protocol) – ***once they have been symptom free at rest for a full day(Including academic load):***

Day 1: Light aerobic exercise (walking, swimming, or stationary cycling) keeping exercise heart rate less than 70% of maximum predicated heart rate. No resistance training.

Day 2: Sport-specific exercise; any activities that incorporate sport-specific skills. No head-impact activities.

Day 3: Non-contact training drills.

Day 4: Full-contact practice, participate in normal practice activities.

Day 5: Return to competition.

If any concussion symptoms return during any of the above activities, the student/athletes will return to the previous level – after resting for 24 hours. This will be monitored by the athletic trainer and/or school nurse.



ATHLETICS

