

# Durham Middlefield Falcons

## Return To Play Policy

All injuries received on the field of play (practice or game) should return only under the supervision of an appropriate health care professional. Any head injury requires a note from a the athlete's primary physician on when to return to play. **No exceptions. All return to play paperwork must go directly to the head coach.**

**Any player removed from play due to concussion symptoms must** be looked at by a physician before returning to play. When in doubt coaches will sit them out. **Safety first.**

When a note from the physician is handed to the head coach, the steps below will begin on the day the note is submitted. This is our return to play policy, which is a gradual process. Below is our return to play policy aligned with the *Center For Disease Control & Prevention*.

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### 5-Day Return to Play Policy

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#### **DAY 1: Light aerobic activity**

The Goal: Only to increase an athlete's heart rate.

The Time: 5 to 10 minutes.

The Activities: Exercise bike, walking, or light jogging.

Absolutely no weight lifting, jumping or hard running.

#### **DAY 2: Moderate activity**

The Goal: Limited body and head movement.

The Time: Reduced from typical routine.

The Activities: Moderate jogging, brief running, moderate-intensity stationary biking, and moderate-intensity weightlifting

#### **DAY 3: Heavy, non-contact activity**

The Goal: More intense but non-contact

The Time: Close to typical routine

The Activities: Running, high-intensity stationary biking, the player's regular weightlifting routine, and non-contact sport-specific drills. This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.

#### **DAY 4: Practice & full contact**

The Goal: Reintegrate in full contact practice.

#### **DAY 5: Competition**

The Goal: Return to competition.