

MEDICAL CLEARANCE RETURN TO PLAY (RTP) PROTOCOL

1. No exertional activity until asymptomatic
2. When the athlete is medically cleared, begin low impact activity, such as walking, stationary bike, etc.
3. Initiate aerobic activity fundamental to specific sport (running for soccer), and may also begin progressive strength training activities.
4. Begin non-contact skill drills specific to sport such as dribbling and passing.
5. Full contact in practice setting (no heading).
6. If athlete remains asymptomatic, he or she may return to game/play.

I have read and understand the Medical Clearance RTP Protocol.

signature of parent/legal guardian

date