



Graduated 'Return to play protocol' for Willow Park Junior School

**Pupils can only move on to the next stage once they have been 'symptom-free' during the full period of each stage.
If they are not 'symptom-free', they must stay at that stage until they are free.**

STAGE	REHABILITATION STAGE	EXERCISE ALLOWED	STAGE OBJECTIVE	DURATION
1.	Rest.	<i>None including school PE/Swimming.</i>	<i>Rest.</i>	14 days
2.	Light aerobic exercise.	<i>Walking, swimming or stationary cycling keeping intensity less than 70% of max HR. No resistance training. Participation in school PE and swimming class allowed.</i>	<i>Recovery.</i>	2 days.
3.	Rugby specific exercise.	<i>Running drills. No impact activities.</i>	<i>Add movement and access recovery.</i>	2 days.
4.	Non-contact training drills.	<i>Progression to more complex training drills. May start progressive resistance training.</i>	<i>Exercise, coordination and mental load. Assess recovery.</i>	2 days.
5.	Full contact practice after medical clearance.	<i>May participate in normal training activities.</i>	<i>Restore confidence and assess functional skills by coaching/teaching staff. Assess recovery.</i>	2 days.
6.	Return to play.	<i>Player rehabilitated.</i>	<i>Safe return to play once recovered.</i>	23 days.