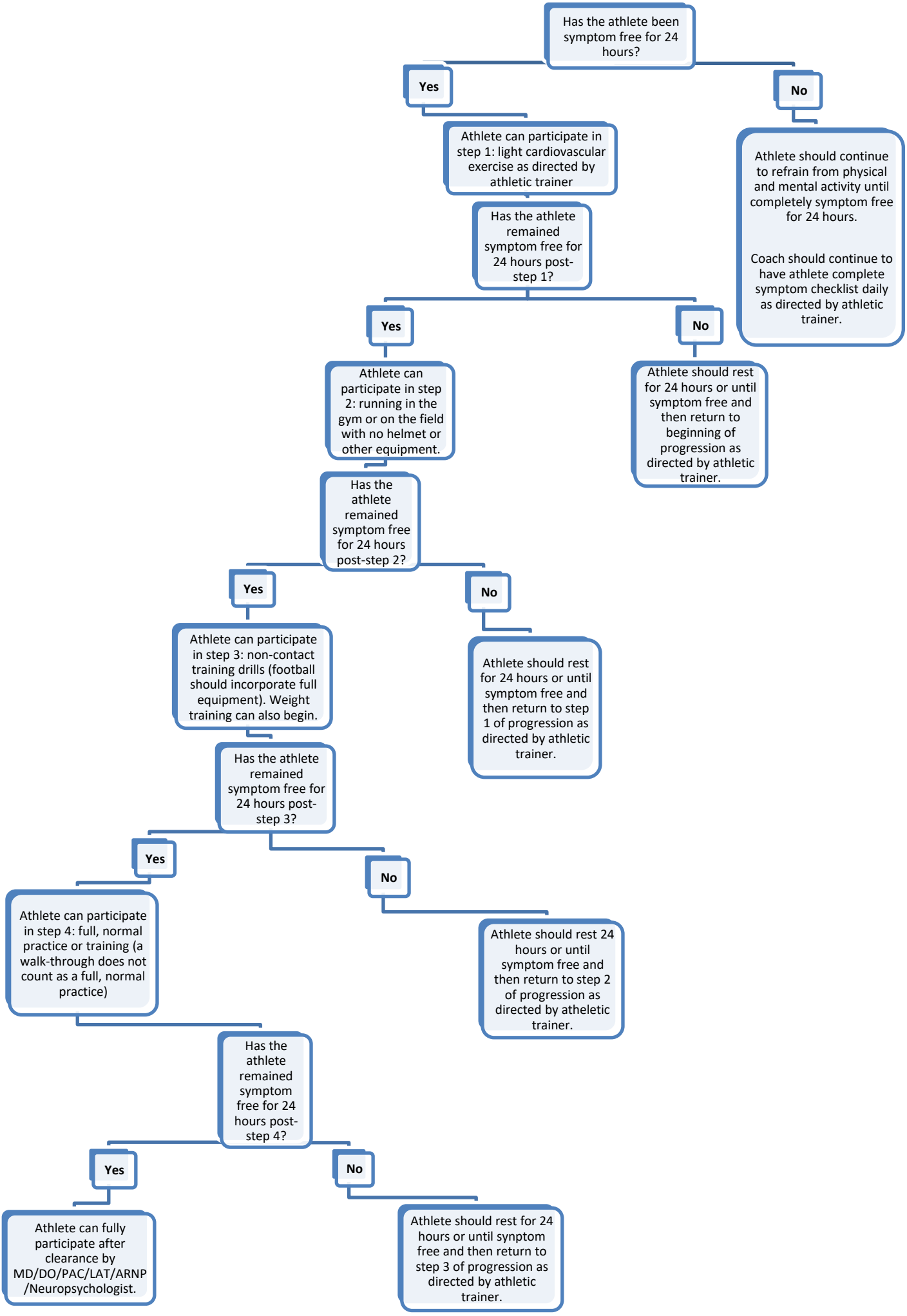
Has the athlete been symptom free for 24 hours?
Yes
No
Athlete can participate in step 1: light cardiovascular exercise as directed by athletic trainer
Athlete should continue to refrain from physical and mental activity until completely symptom free for 24 hours.
Coach should continue to have athlete complete symptom checklist daily as directed by athletic trainer.
Has the athlete remained symptom free for 24 hours post-step 1?
Yes
No
Athlete can participate in step 2: running in the gym or on the field with no helmet or other equipment.
Athlete should rest for 24 hours or until symptom free and then return to beginning of progression as directed by athletic trainer.
Has the athlete remained symptom free for 24 hours post-step 2?
Yes
No
Athlete can participate in step 3: non-contact training drills (football should incorporate full equipment). Weight training can also begin.
Athlete should rest for 24 hours or until symptom free and then return to step 1 of progression as directed by athletic trainer.
Has the athlete remained symptom free for 24 hours post-step 3?
Yes
No
Athlete can participate in step 4: full, normal practice or training (a walk-through does not count as a full, normal practice)
Athlete should rest 24 hours or until symptom free and then return to step 2 of progression as directed by atheletic trainer.
Has the athlete remained symptom free for 24 hours post-step 4?
Yes
No
Athlete can fully participate after clearance by MD/DO/PAC/LAT/ARNP /Neuropsychologist.
Athlete should rest for 24 hours or until synptom free and then return to step 3 of progression as directed by athletic trainer.