

Big Spring ISD Return to Play Concussion Protocol

- Before beginning the return to play protocol, the student-athlete shall be symptom free for 24 hours, and they must receive clearance from a Medical Physician (MD or DO).
- Progress continues at 24-hour intervals as long as the student-athlete is symptom free at each level. If symptoms reappear, the activity is discontinued immediately, and the student-athlete returns to the previous level once they are symptom free for 24 hours.

Level 1: Light aerobic exercise (walking, light jogging, or stationary bike) for 15-30 minutes, 70 % of maximal heart rate. No resistance training is permitted.

Level 2: Sport-specific exercises, non-contact drills. No head impact activities. (50yd shuttle run, 40yd dash, squats, lunges, sit-ups, push-ups)

Level 3: Non-contact sport drills and resume progressive resistance training. (Passing or shooting drills. No 1vs1 drills)

Level 4: Full-contact practice and unrestricted resistance training.

Level 5: UIL form turned in. Return to normal competition.