Rosary Academy Concussion Protocol:

School Return to Learn (RTL) Stage	Permissible CIF Return to Play (RTP) Activity	Rosary Team, Practice, & Activities Status
Stage 1: Stay Home: -No school per doctor directives/parent preference -Limit screen time, use large font -Sleep at night as much as needed -Allow short naps during the day, less than one hour each -Stay hydrated and eat healthy snacks every 3-4 hours	**Stage 1: Limited Physical Activity:** -Light daily activities at home (stretching, short walks)	**No Sports:** Not on campus; not at home **No School-related Activities:** No dances, rallies, Trinitas, R&G, etc.
Stage 2: Gradual Return: -Attend class as tolerated -Limited screen time; handwritten notes preferred -Get 8-10 hours of sleep per night -Limit napping to 30-60 min and only 1 per day -Stay hydrated and eat healthy snacks every 3-4 hours	**Stage 2: Light Aerobic Activity:** -10–30 min stationary bike/walking on own *May be done with the Rosary Athletic Trainer as available	**No Sports:** Cannot attend team functions, practices, or after-school sports **No School-related Activities:** No dances, rallies, Trinitas, R&G, etc.
Stage 3: In-Class Activities: -Can complete in-class activities and homework as tolerated -Give extended deadlines and hard copies when possible -No tests/quizzes allowed -Get 8-10 hours of sleep at night and avoid napping -Stay hydrated and eat healthy snacks every 3-4 hours -Screen time and social activities outside school as tolerated	**Stage 3: Moderate Aerobic Activity:** -20–30 min jog/bike -Bodyweight exercises allowed *May be done with the Rosary Athletic Trainer as available -No weights -No team practices	**No Practice:** Individual rehab/conditioning only; currently ineligible to attend or participate in Rosary athletic events and practices **No School-related Activities:** No dances, rallies, Trinitas, R&G, etc..
Stage 4: Return to Assessments: -Tests/quizzes with extra time (**maximum of 1 per day**) -Complete all homework and assigned classwork with extended time if needed -Get 8-10 hours of sleep at night and avoid napping -Stay hydrated and eat healthy snacks every 3-4 hours -Screen time and social activities outside school as tolerated	**Stage 4: Strenuous Aerobic Activity:** -30-45 min running/biking -Weightlifting ≤ 50% max weight (under supervision) -May begin to incorporate sport-specific training away from the team environment *May be done on campus with the Rosary Athletic Trainer as available	**No Practice:** Currently ineligible to attend or participate in Rosary team practices or games; Watching film is allowed as tolerated **No School-related Activities:** No dances, rallies, Trinitas, R&G, etc.
Stage 5: Integration: -Tests/quizzes with extra time (**maximum of 2 per day**) -Complete all homework and assigned classwork with extended time if needed -Get 8-10 hours of sleep at night and avoid napping -Stay hydrated and eat healthy snacks every 3-4 hours -Screen time and social activities outside school as tolerated	**Stage 5: Non-contact Training with Sport Specific Drills:** -Can integrate into team practice -No contact with people, padding, or the floor/mat	**Practice Attendance:** Now eligible to attend Rosary team practices and games; but cannot participate in any games or contact practice **School-related Activities:** May attend dances, rallies, Trinitas, R&G, etc. as tolerated ***No tumbling or drill/cheer stunts allowed (including R&G)**
Stage 6: Full Return to Academics: -Must be symptom free and cleared by MD/DO/NP/PA -Can schedule all makeup work on a timeline -Return to normal home and social activities	**Stage 6 to Stage 8: Team Progression:** Stage 6: Limited contact practice Stage 7: Full contact practice Stage 8: Return to competition	**Return to Rosary Sports and all Activities:** Can formally rejoin team practices once Stage 6 medical clearance is filed with the Rosary Nurses -Return to stages 6-8 progression will be determined by the Rosary Athletic Trainer