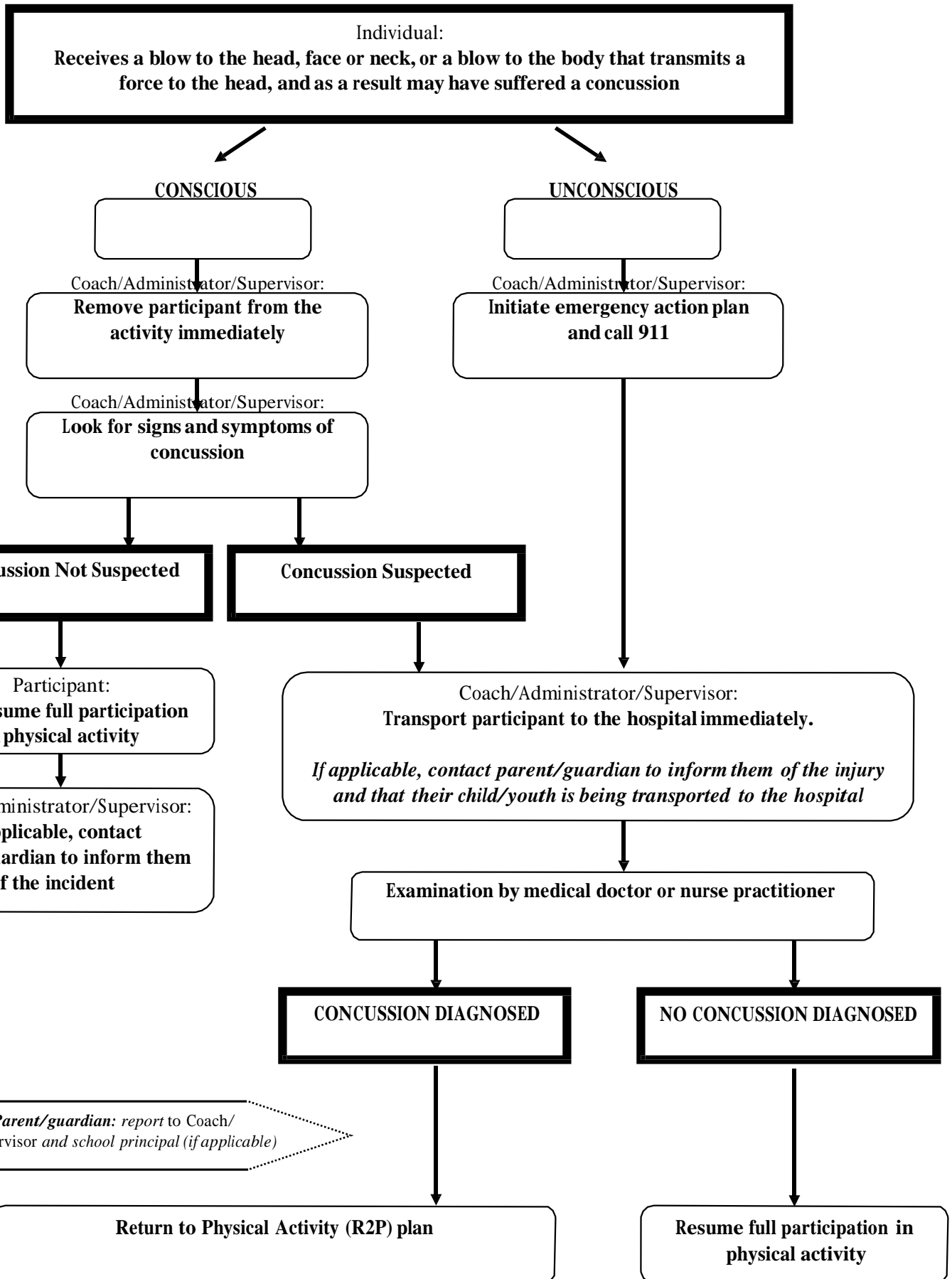


## INITIAL RESPONSE – Removal from Physical Activity



*Participant and/or Parent/guardian: report to Coach/Administrator/Supervisor and school principal (if applicable)*

# RETURN TO PHYSICAL ACTIVITY

## CONCUSSION DIAGNOSED

Signs and Symptoms Present

Participant and/or Parent/Guardian: report to Coach/Administrator/Supervisor

Symptoms Begin to Improve

Symptom Free

### Return to Physical Activity-Step 1

Limit cognitive and physical activities which provoke symptoms  
\*at Home

Participant and/or Parent/Guardian: report to Coach/Administrator/Supervisor

R2P-Step 2  
Light aerobic exercise only

Participant and/or Parent/Guardian: report to Coach/Administrator/Supervisor

R2P-Step 3  
Sport specific exercise only

R2P-Step 4  
Activity with no body contact

Participant and/or Parent/Guardian: report to Coach/Administrator/Supervisor. Include written documentation from medical to indicate symptom free and able to participate fully

R2P-Step 5  
Full participation in non-contact sports-full training for all sports

R2P-Step 6  
Full participation in all physical activity (including contact sports)

