



# BRAIN PROTOCOL

A step-by-step gradual process for return to play

**No**  
RESTRICTIONS

## BIKE

Increase heart rate with sustained effort while keeping the head as still as possible.

## RUN

Adds simple, repetitive movement.

## AGILITY

Adds more explosive movement and asks the brain to do more complex function.

## IN RED

Adds usual drills and workout while avoiding all physical contact.

("In Red" refers to the red jersey players wear to signify that they are NOT to be hit.)

## NO RESTRICTIONS

A doctor must clear the athlete before this step.

Must be cleared by a doctor

**IN RED**

Adds mental functions of normal workout/drills. No contact

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**AGILITY**

Adds athletic movements and explosive effort

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**RUN**

Adds simple repetitive movement

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**BIKE**

Increase heart rate with sustained effort

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Increase heart rate with sustained effort

- An athlete **cannot start** the protocol until there are no remaining symptoms.
- Athletes 18 years old or younger **must wait at least 24 hours between each step**, without symptoms.
- If the **symptoms return, the protocol MUST stop**. Once ALL symptoms are gone again, the process restarts by repeating the last step completed before symptoms returned.