



# PITTSYLVANIA COUNTY SCHOOLS ATHLETIC TRAINING

## RETURN TO PLAY PROTOCOL

### Cheerleading



	ACTIVITY	SPECIFIC EXERCISE	OBJECTIVE of the DAY
STEP 1	No Physical Activity • Complete physical and Cognitive Rest	No Activity	• Recovery and elimination of Symptoms
STEP 2	Light Aerobic Activity	• 20 to 30 minutes of walking or on stationary bike • Light Conditioning	• Add light aerobic activity and monitor for symptom return
STEP 3	Sport Specific Activity	• 45 to 60 min of walk/jog • Jumps (Toe Touch, Double Hook) • 15 Yard Sprints • Stunting with Feet on Ground • No Tubling or Inversion	• Increase aerobic activity and monitor for symptom return • Introduce Head Movements • Introducing Change of Directions
STEP 4	Non-Contact Training	• 60 to 90 min of Walk/Jog/Sprint/Jump • Roundoffs • Walkovers • Handsprings • Light Tumbling • Cradle Catch	• Maximize aerobic activity and monitor for symptom return • Increase Head Movements • Introduce Inversion • Add deceleration/acceleration forces in controlled setting
STEP 5	Full Practice	Normal Training Activities	• Monitor Symptoms
STEP 6	Unrestricted Participation	Normal Competition	• Monitor Symptoms

- VHSL requires a 5-Step Return To Play Protocol.
- Protocol is based from the Pittsylvania County Schools Concussion Management Team.
- Each session requires 24 hr before next level. Recurrence of ANY Symptoms at ANY level requires 24 wait and repeat test at that level. Failure to progress requires referral for consult/additional testing.
- Notify your coach and school nurse at the next availability if your symptoms return.

**For evaluations or if you have any questions or concerns, please call:**

Aaron Taylor, MS, LAT, ATC                      Cell (434) 429-1590  
Athletic Trainer Coordinator                      Office (434) 432-8185  
Pittsylvania County Schools                      Ext. 3406

**If a Referral to a Doctor is needed, you may get in touch with:**

Dr. Carl Winfield, MD  
Providence Family & Sports Medicine  
173 Executive Dr  
Danville, VA 24541

(434) 791-4110