# PITTSYLVANIA COUNTY SCHOOLS ATHLETIC TRAINING

RETURN TO PLAY PROTOCOL

Soccer

| | ACTIVITY | SPECIFIC EXERCISE | OBJECTIVE of the DAY |
|---|---|---|---|
| STEP 1 | No Physical Activity<br>• Complete physical and Cognitivie Rest | No Activity | • Recovery and elimination of Symptoms |
| STEP 2 | Light Aerobic Activity | • 20 to 30 minutes of walking or on stationary bike<br>• No Impact Activities | • Add light aerobic activity and monitor for symptom return |
| STEP 3 | Sport Specific Activity | • 45 to 60 min of walk/jog<br>• Light Weight Lifting<br>• Agility Drills/Exercise<br>• Dribbling/Passing Drills<br>• No Headers | • Increase aerobic activity and monitor for symptom return<br>• Introduce Head Movements<br>• Introducing Change of Directions |
| STEP 4 | Non-Contact Training | • 60 to 90 min of Walk/Jog/Sprint/Jump<br>• No Game-Like Activities<br>• Goal Keeper Drills<br>• Hand Tossed Headers<br>• Passing/Shooting Drills<br>• 2v2/3v3 Progression | • Maximize aerobic activity and monitor for symptom return<br>• Increase Head Movements<br>• Add deceleration/acceleration forces in controlled setting |
| STEP 5 | Full Practice | Normal Training Activities | • Monitor Symptoms |
| STEP 6 | Return to Play | Normal Game Play | • 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 — (434) 791-4110
Danville, VA 24541