

THE INTERNATIONAL SOCCER CLUB

In Mississauga



RETURN TO PLAY PROTOCOL:

1. **No activity** - a recovery stage with complete physical and cognitive rest. This means no exercise or sports but can also mean not going to school, or having a shortened day. This is a time to get lots of rest, get plenty of sleep, and eat well.
2. **Light aerobic exercise** to increase heart rate (keep to less than 70% of maximum predicted heart rate), including 5 to 10 minutes of walking, light jogging, swimming, or stationary cycling, but no resistance training.
3. **Sport-specific exercise** to add movement, such as running drills, moderate jogging, brief running, moderate-intensity stationary cycling, but no head impact activities. The goal is for the player to have some limited body and head movement, but the amount of time should still be limited to less than they usually spends exercising.
4. **Non-contact training drills** to raise exercise, coordination, and cognitive load, including progression to more complex training drills and resistance training, sprinting and running, high-intensity stationary cycling. This is a more intense workout that is close to the player's usual routine but is not to include any contact activity.
5. **Full contact practice** to restore confidence and assess functional skills and following medical clearance may participate in normal training activities.
6. **Return to play** – Written medical clearance provided by Parent/ Medical Doctor