



# MONROE LIONS FOOTBALL & Cheer

## **Return to Play Protocol**

### Step 1

Light aerobic exercise only to increase heart rate:  
5 to 10 minutes: light jog or exercise bike



### Step 2

Continued aerobic activity: moderate jogging,  
brief running, bike

### Step 3

Heavy non contact activity: Sprints, weights, non  
contact football drills



### Step 4

Athlete returns to controlled football practice

### Step 5

Full return to competition

### Key Points

Only begin return to play protocol after athlete is symptom free and cleared by a Licensed Medical Professional.

Coaches must monitor for a return of symptoms at every stage.

Only one stage a day.

Move to next stage if athlete remains symptom free for 24 hour following trial.

If symptoms reappear, rest until they subside, being at level 1

