

RETURN TO PLAY GUIDELINES FOR LAKE WASHINGTON HIGH SCHOOL ATHLETES

- The athlete must be symptom free for 24 hours without pain medication in order to move past Day 1 on the following return to play protocol.
- The athlete must remain symptom free in order to move on to the next stage, and may only move one state per 24 hours.
 - Day 1: Light aerobic activity – supervised by Athletic Trainer
 - Day 2: Moderate aerobic activity – supervised by Athletic Trainer
 - Day 3: Begin sport specific exercises/drill – High aerobic activity (non-contact)
 - Day 4: Non-contact training drills/practice with team
 - Day 5: Full contact practice
 - Day 6: Competition – Full Return to Play

- If the athlete displays symptoms at any time during the six day gradual return to play, they will return to previous step or more if deemed necessary.

If you have any questions or would like to contact me personally, please feel free to do so.

Thank you,

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