

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.

- Student-Athlete will be advised to visit a Health Care Provider (see below) to receive a clearance note stating that they are allowed to start their return to sport - (This needs to be done prior to stage #4 on RTP program)
- Stage #1: Full 24 hours of being asymptomatic
- Stage #2: Cardio workout (Mild-Moderate cardio output – 20/30 minutes)
- *If the Athlete has taken the IMPACT test, they will take the Post-Test and results will be sent to our neurologist. Neurologist will provide their feedback how their results impact the RTP program.*
- Stage #3: Functional activities dealing with specific sport activities/weight training
- Stage #4: Partial practice – No impact activities*
- Stage #5: Full practice – no limits*
- Stage #6: If no symptoms arise from any of these step, the student-athlete has full clearance on this step.

- 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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