

STAGE	ACTIVITY	FUNCTIONAL EXERCISE	OBJECTIVE
1	No Activity	Complete physical and cognitive rest	Recovery
2	Light Aerobic Exercise	Walking, Swimming, or stationary cycling keeping intensity <70% predicted heart rate. No resistance training.	Increase heart rate
3	Sport Specific Exercise	Skating drills in hockey, running drills in soccer, etc. No head impact activities.	Add movement & increase heart rate
4	Non-contact Training Drills	Progression to more complex training drills, e.g. passing drills in football. May start progressive resistance training.	Exercise, coordination, and cognitive load
5	Full Contact Practice	Following medical clearance, participate in normal training activities.	Restore confidence and assess functional skills by coaching staff
6	Normal Game Play	***	***