

Post – Return to Play

Name: _____ Grade: _____ Date Cleared for RTP: _____

Date Completed	
_____ Date _____ Initials _____ Date _____ Initials	Stage 1: Light activity ≤ 15 minutes, no resistance training (*2 days minimum) <ul style="list-style-type: none"> • Walking • Jogging • Stationary Bike INTENSITY NO > 70 % MAX HEART RATE _____ (Print name)
_____ Date _____ Initials	Stage 2: Add simple movement patterns (running drills) ≤ 30 minutes (*1 day minimum) <ul style="list-style-type: none"> • High knees, butt kicks • Baseline to baseline in gym • Baseline to half court, back to start, then full court and back • Run the length of the gym, sprint the width of the gym INTENSITY NO > 80% MAX HEART RATE _____ (Print name)
_____ Date _____ Initials	Stage 3: Progress to more complex training, add light resistance training ≤ 45 minutes (*1 day minimum) <ul style="list-style-type: none"> • High knees, butt kicks • Wall sits • Lateral Lunges • Jog the perimeter of the court • See attached resistance training INTENSITY NO > 80% MAX HEART RATE _____ (Print name)
_____ Date _____ Date _____ Initials _____ Initials	Stage 4: Normal training activity 60 minutes (*2 days minimum) INTENSITY NO > 80% MAX HEART RATE _____ (Print name)
Date Cleared (RTP) _____	Return to PE/Sport _____ School Nurse Approval (signed)