



Pinnacles FC Return to Activities Policy

The symptoms of a concussion can last for days, weeks or even months. Any player who has experienced the symptoms of a concussion should not resume playing any sport without prior medical approval. Once a player is symptom free, they may gradually return to play in accordance with the following six steps.

A player must be symptom free in order to proceed to the next step and there must be at least 24 hours between each step. If a player exhibits any symptoms of a concussion then he or she must stop activity immediately, wait 48 hours, and then if symptom free, they may resume activity one step below the step during which the symptoms were experienced.

- STEP 1:** After a period of rest with no activity, if a player is symptom free, then they must obtain written medical clearance from a Doctor with experience in the evaluation and management of concussions and provide a copy of the medical clearance to their coach.

- STEP 2:** After completion of Step 1, a player may begin light exercise such as walking for 10 - 15 minutes.

- STEP 3:** A player may begin moderate aerobic activity such as running for 20 - 30 minutes.

- STEP 4:** A player may return to on field practices involving non-contact drills that do not have opposed play or involve heading the ball (i.e. a player may take part in dribbling or shooting drills where there is no risk of contact with other players).

- STEP 5:** A player may participate in all on field practices including opposed play and scrimmages.

- STEP 6:** Return to game play.

Remember, when in doubt keep them out!