Table 1

*HCAMP RTP Protocol*

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| Step | Description | Definition |
| Onset | Injury onset | Date concussion occurred |
| 1 | Cognitive rest | Date athletic trainer counsels or student-athlete imitates cognitive rest |
| 2 | Full return to school | Date student returns to school full-time; school adjustments may be provided at this time |
| 3 | Light aerobic activity | Date student is able to begin light aerobic activity without symptoms (stationary bike or timed run) and has completed all of the following:   * Medical clearance * Normal results on ImPACT compared with baseline or norm * Normal results on Balance Error Scoring System compared with baseline * No school adjustments or accommodations being provided * Asymptomatic for at least 24 hours |
| 4 | Running and sport-specific drills | Date student is able to perform individual strenuous running and sprints and individual noncontact sport-specific drills without symptoms |
| 5 | Noncontact drills | Date student is able to perform team noncontact and sport-specific drills without symptoms |
| 6 | Full-contact practice | Date student is able to perform a full day of full-contact practice without symptoms |
| 7 | Return to game | Date student may participate without limitations and is discharged |