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 with school adjustments or accommodations | Date student returns to school full-time; school adjustments may be provided at this time |
|  |  |  |
| 3 | Light aerobic activity  School adjustments or accommodations removed indicating RTL completion  Date student is able to begin light aerobic activity without symptoms (stationary bike or timed run) | No school adjustments or accommodations being provided  Medical clearance  Normal results on ImPACT compared with baseline or norm  Normal results on Balance Error Scoring System compared with baseline  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 |