



Return to Play Protocol

*Adopted from the QC United Soccer Club

The PGYSA IMPACT Graduated Return to Play Protocol outlines the steps and procedures to return a player to training and game situations, following an injury or concussion.

- Start Stage 1 ONLY if you are free of concussion symptoms, are not “guarding”, having issues with mobility and have been cleared by a medical professional to resume physical activity.
- Stages 1-4 take a minimum of 24 hours in adults and up to 48 hours in those aged 18 and under.

Graduated Return to Play Protocol

	Exercise Allowed	% Max Heart Rate	Duration	Objective
Rest & Recovery	<ul style="list-style-type: none"> • None • “Rest the Body, rest the brain” 	No Training	Until Symptoms Clear	<ul style="list-style-type: none"> • Recovery • Symptom Free
Stage1 Light Exercise	<ul style="list-style-type: none"> • Walking, light jogging, swimming, stationary cycling or equivalent • No football, resistance training, weightlifting, jumping or hard running 	< 70%	< 15 mins	<ul style="list-style-type: none"> • Increase Heart Rate
Stage 2 Soccer-Specific Exercise	<ul style="list-style-type: none"> • Simple Movement Activities i.e., Running Drills • Limit Body and Head Movement • NO Head Impact Activities • NO Heading 	< 80%	< 45 mins	<ul style="list-style-type: none"> • Add Movement
Stage 3 Non-Contact Training	<ul style="list-style-type: none"> • Progression to More Complex Training Activities with Increased Intensity • Coordination and Attention e.g., Passing, Change of Direction, Shooting, Small-Sided Game • May Start Resistance Training • NO Head Impact Activities, including NO Heading • Goalkeeping Activities should be Avoid Diving and any Risk of the Heading being Hit by the Ball 	< 90%	<60 mins	<ul style="list-style-type: none"> • Exercise, Coordination and Skills/Tactics
Stage 4 Full-Contact Practice	<ul style="list-style-type: none"> • Normal Training Activities i.e., Tackling, Heading, Diving Saves 			<ul style="list-style-type: none"> • Restore Confidence and Assess Functional Skills by Coaching Staff
Stage 5 Game Play	<ul style="list-style-type: none"> • Player is Rehabilitated 			<ul style="list-style-type: none"> • Return to Game Play

