

BRYST Return to Play Policy

A typical RTP process will be made up of 6 steps. There must be a minimum of 24 hours before each step is assessed although this could be considerably longer than 24 hours. Oversight should be provided by a medical professional. The 6 steps are as follows:

1. No activity, complete rest. Once the athlete is asymptomatic, they proceed to level two.

The athlete spends, at the minimum, one day at each stage.

2. Light aerobic exercise such as walking or stationary cycling, no resistance training.

Performing step two without symptoms allows the athlete to proceed to level three. If symptoms return, the athlete moves back on stage then continues.

3. Sport specific training (e.g. skating in hockey, running in football), progressive addition of resistance training at steps three or four. Performing step three without symptoms allows the athlete to proceed to level four.

4. Non-contact training drills. Performing step four without symptoms allows the athlete to proceed to level five.

5. Full contact training after medical clearance. Performing step five without symptoms allows the athlete to proceed to level six.

6. Game play.

****DO NOT RETURN TO SPORT WITHOUT CLEARANCE FROM A DOCTOR****