

Student-Athletes Name: _____ Sport(s): _____

Isolation/Quarantine End Date: _____

Graduated Return to Play Protocol

*Before beginning the GRTP, the student-athlete must be able to complete activities of daily living and walk 500m on flat ground without excessive fatigue or breathlessness. If the student-athlete develops chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, the patient should be referred back to the evaluating provider who signed the form.

Stage 1 unlimited to meet criteria

Walking, activities of daily living and or completing a full day at school.

Completed Symptoms Present Y N

Student-Athlete Initials: _____ Supervising Initials: __ Date: __

Stage 2 15 min, minimum 1 day

Light activities. Exercise bike, light jogging and no resistance training. 70% Max heart rate

Completed Symptoms Present Y N

Student-Athlete Initials: _____ Supervising Initials: __ Date: __

Stage 3 30 min, minimum of 1 day

Simple movement activities. Running drills and sport specific, but non-contact. 80% Max heart rate.

Completed Symptoms Present Y N

Student-Athlete Initials: _____ Supervising Initials: __ Date: __

Stage 4 45 min 1 day

More complex training activities, skills and drills, weight training. 80% Max heart rate.

Completed Symptoms Present Y N

Student-Athlete Initials: _____ Supervising Initials: __ Date: __

Stage 5 60 min

Resume normal training progression

Completed Symptoms Present Y N

Student-Athlete Initials: _____ Supervising Initials: __ Date: __

Stage 6 60 min

Normal training progression

Completed Symptoms Present Y N

Student-Athlete Initials: _____ Supervising Initials: __ Date: __

GRTP Procedure adapted from Elliott N, et al. Infographic, British Journal of Sports Medicine, 2020

Parent/Guardian Signature: _____ Date: _____







