

Parks and Recreation Return to Play

Football Specific Exercise Progression

Name of Athlete: _____

Date symptom-free: _____

	EXERCISE	DATE	COMPLETED / COMMENTS	
Day 1	Walking at 2.5 mph or Riding a stationary bike for 20-30 minutes.		YES NO	<i>Parent / Coach initials</i>
Day 2	Jogging (medium pace) for 20-30 minutes Sit-ups x 25, Push-ups x 20, Lunge walks x 20.		YES NO	<i>Parent / Coach initials</i>
Day 3	Running (fast pace) for 20-30 minutes, 50 Sit-ups 30 Push-ups Lunge walks x 30. Practice individual drills: can include tire running/high knees, sprint ladder, 40 yd sprints, throwing/kicking the football. Can receive football but only low passes. Must wear helmet		YES NO	<i>Parent / Coach initials</i>
Day 4	Participate in Non-contact practice drills (not touching another person) Warm up (jogging/stretching 10-20 minutes) and practice team drills for 45-60 minutes total. Can include drills from Stage 3 but no hits & not touching another person/blocking dummies. Burpees with a jump x 15.		YES NO	<i>Parent / Coach initials</i>
	<i>Must Have doctors clearance note turned into parks and recreation supervisor to go onto day 5.</i>			<i>Supervisors Initials</i>
Day 5	Participate in full-contact practice. Can resume hits to blocking dummies & teammates. Wear helmet as usual.		YES NO	<i>Parent / Coach initials</i>
Day 6	<i>All paper work must be turned in to recreation supervisor (Dr Note and RTP sign off)</i> Resume full participation in competition.			<i>Supervisors initials</i>