

Muncie Community Schools mTBI/TBI Return to Play Protocols

All sports return to play protocols after mTBI or TBI are listed below. If the student has any symptoms return on any day, they are to stop for that day. The next day they may start over from day 1 again (or where they left off if qualified medical doctor has approved in writing).

Football	Day 1 – Running, Push Ups, Sit Ups (Level Changes) Day 2 – Pro Pad Workouts (No contact) Day 3 –Individual Drills with contact Day 4 – Scrimmage/Full Practice Day 5 – Return to Play
Soccer	Day 1 – Running, Push Ups, Sit Ups (Level Changes) Day 2 – Individual Drills (No Headers) Day 3 –Scrimmage (No Headers) Day 4 – Full Practice (Limit headers to game situations, not drill work) Day 5 – Return to Play
Cheerleading	Day 1 – Running, Push Ups, Sit Ups (Level Changes) Day 2 – Individual Chanting/Drills with Jumps (No Tumbling) Day 3 –Individual Stunting (Light Tumbling) Day 4 – Full Practice with Stunts and Tumbling Day 5 – Return to Play
Basketball	Day 1 – Running, Push Ups, Sit Ups (Level Changes) Day 2 – Individual Drills (No Setting Screens/Picks or Taking Charges) Day 3 –Scrimmage (No Setting Screens/Picks or Taking Charges) Day 4 – Full Practice (Limit Taking Charges, Screens/Picks to Game Situations) Day 5 – Return to Play
Baseball	Day 1 – Running, Push Ups, Sit Ups (Level Changes) Day 2 – Individual Drills (Avoid Sliding) Day 3 –Individual Drills (Add Sliding) Day 4 – Full Practice Day 5 – Return to Play
Track/Cross Country	Day 1 – Running, Push Ups, Sit Ups (Level Changes) Day 2 – Individual Drills Day 3 –Event Specific Drills Day 4 – Full Practice Day 5 – Return to Play
Wrestling	Day 1 – Running, Push Ups, Sit Ups (Level Changes) Day 2 – Individual Drills Day 3 –Semi-Live Work with Partners Day 4 – Full Practice Day 5 – Return to Play
Tennis	Day 1 – Running, Push Ups, Sit Ups (Level Changes) Day 2 – Individual Drills (Stroke Work) Day 3 –Individual Drills (Stroke Work with Foot Movement) Day 4 – Full Practice (Game Play) Day 5 – Return to Play