

# RIVERTON COMMUNITY UNIT SCHOOL DISTRICT #14



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## Return to Play Protocol

Level of Activity				
Stage One Light Activity	Stage Two Moderate Cardiovascular Activity	Stage Three Moderate Aggressive Activity	Stage Four Sports Performance Training	Stage Five Return to Full Practice
Begin after being symptom free for 24 hours. 30-40% Exertion Examples: 10-15 minutes Stationary Bike, Stretching, Single-leg balance.	40-60% Exertion Examples: 20-25 minutes Stationary Bike/Running, Light Weight Training, Stretching, Single Leg Balance, Core Exercises, Etc.	60-80% Exertion Examples: 25-30 minutes Stationary Bike/Running, Weight Training, Dynamic Warm-Up.	80% Exertion Examples: Non-contact sport-specific drills (re-introduce helmet in football), aggressive strength exercises, sprinting with directional changes, etc.	100% Exertion Examples: Introduce sport-specific contact drills.

The RTL and RTP Protocols were adapted from these Sources:

[www.myiscope.com](http://www.myiscope.com)

[https://www.cdc.gov/headsup/pdfs/schools/tbi\\_returning\\_to\\_school-a.pdf](https://www.cdc.gov/headsup/pdfs/schools/tbi_returning_to_school-a.pdf)

[www.ihsa.org](http://www.ihsa.org)

Springfield Clinic Documents

### ELEMENTARY SCHOOL

**Jaclynn Shoufler, Principal**  
**Jennifer Carter, Asst. Principal**  
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### MIDDLE SCHOOL

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### HIGH SCHOOL

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### DISTRICT OFFICE

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