



## Indian Hills Middle School

6400 Mission Rd. Prairie Village, KS 66208

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### COVID Return to Play Progressive Exercise Program (24 hours between each activity)

*Day 1 of progressive exercise program will be determined by school nurse/athletic trainer. The return to play exercise program will be determined, implemented, and monitored by the building athletic trainer in collaboration with coaching staff. Outside documentation of activity will not be recognized by SMSD to meet any stage of the progressive exercise program.*

**Day 1:** Date: \_\_\_\_\_ Activity: \_\_\_\_\_ Signature: \_\_\_\_\_

- **Stage 1** (2 days minimum): Light activity (walking, jogging, stationary bike) for 15 minutes or less at an intensity no greater than 70% maximum heart rate. No resistance training.

**Day 2:** Date: \_\_\_\_\_ Activity: \_\_\_\_\_ Signature: \_\_\_\_\_

- **Stage 1** (2 days minimum): Light activity (walking, jogging, stationary bike) for 15 minutes or less at an intensity no greater than 70% maximum heart rate. No resistance training.

**Day 3:** Date: \_\_\_\_\_ Activity: \_\_\_\_\_ Signature: \_\_\_\_\_

- **Stage 2** (1 day minimum): Add simple movement activities (e.g., running drills) for 30 minutes or less at an intensity no greater than 80% of maximum heart rate.

**Day 4:** Date: \_\_\_\_\_ Activity: \_\_\_\_\_ Signature: \_\_\_\_\_

- **Stage 3** (1 day minimum): Progress to more complex training for 45 minutes or less at intensity no greater than 80 % maximum heart rate. May add light resistance training.

**Day 5:** Date: \_\_\_\_\_ Activity: \_\_\_\_\_ Signature: \_\_\_\_\_

- **Stage 4** (2 days minimum): Normal training activity for 60 minutes or less at an intensity no greater than 80% maximum heart rate.

**Day 6:** Date: \_\_\_\_\_ Activity: \_\_\_\_\_ Signature: \_\_\_\_\_

- **Stage 4** (2 days minimum): Normal training activity for 60 minutes or less at an intensity no greater than 80% maximum heart rate.

**Day 7:** Stage 5: Return to full activity.

*Please email or provide paper documentation if you have completed Stage 1 or Stage 1 and 2 to Haley Reiff @ [HaleyReiff@smsd.org](mailto:HaleyReiff@smsd.org) and Tara Mahoney @ [taramahoney@smsd.org](mailto:taramahoney@smsd.org).*