Return-to-Training Considerations

INJURY PREVENTION & PLAYER CARE

INJURY PREVENTION & PLAYER CARE
CHECK | SUPPORT | PROTECT

1 BEFORE ANY RETURN

- [ ] Follow advice from the player's healthcare professional where one is involved
- [ ] Confirm parent / guardian and club staff understand any restrictions
- [ ] Do not use this form to diagnose an injury or clear a player medically
- [ ] The player should report symptoms honestly and know they can stop at any time

2 PROGRESSIVE RETURN

1. Easy Movement	Low-intensity movement with no pressure to keep up.
2. Football Movement	Controlled running, turning and ball work as appropriate.
3. Increased Intensity	Progress speed, duration and complexity only if tolerated.
4. Team Training	Reintroduce normal practices and contact only when appropriate.
5. Full Training / Match	Return to full demands only when any required medical guidance has been satisfied.

3 STOP AND REASSESS IF

- [ ] Pain increases
- [ ] Symptoms return
- [ ] Movement changes noticeably
- [ ] Player feels unwell / dizzy
- [ ] Confidence drops sharply

4 COACH COMMUNICATION

5 RETURN-TO-TRAINING RECORD

Player:	
Date:	
Current Restrictions:	
Next Review / Action:	

General return-to-training guidance only. This form does not provide medical clearance and must not replace diagnosis, rehabilitation or return-to-sport advice from an appropriately qualified healthcare professional. Follow emergency and safeguarding procedures where relevant.