



2019 BPW Injury Protocol

With our player's safety as our number one priority, Billerica Pop Warner has implemented our new injury protocol. Below, you will find your BPW injury report to be filled out for ANY injury that takes place with your team.

[CLICK HERE](#) to download the BPW injury form.

Return from Head Injury Protocol:

Once receiving clearance from their doctor, the following steps will be put into place during each PRACTICE day:

Step 1/Day 1- Light aerobic exercise. 5 to 10 minutes light jog/walk.

Step 2/Day 2- Moderate running to increase head movement.

Step 3/Day 3- Heavy non-contact such as non-contact drills and conditioning.

Step 4/Day 4- Return to control practice. Hitting allowed but monitored closely.

Step 5/Day 5- Return to games.

Note: Each step is to be completed at a practice day. No multiple steps in one day. If the player's symptoms or new ones appear, send back to the doctor and restart the 5 steps.