

Name: _____ Date: _____

Post-Concussion Return to Play Protocol

Return to Athletics:

The athlete will be given five physical post-concussion tests, administered by the Certified Athletic Trainer. **Only one test per day.** Next test will be administered only when previous test is passed with athlete symptom free. These tests will take a minimum of five days.

Test 1: Low levels of physical activity. This includes walking, light jogging, light stationary biking, and light weight lifting (low weight, moderate reps, no bench, no squats).

Test 2: Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity on the stationary bike, moderate intensity weight lifting.

Test 3: Heavy non-contact physical activity. This includes sprinting/running, high intensity stationary cycling, completing the regular lifting routine, non-contact sport specific drills (agility with 3 planes of movement).

Test 4: Sports specific practice

Test 5: Full contact in a controlled drill or practice.

Return to School:

All students with a diagnosed concussion must report to the Health office upon return to school. The health office staff will notify appropriate principal, who will work with the teaching team to create an appropriate graduated academic re-entry plan. All athletes will have, at a minimum, twice daily rest periods in the Health office for up to 3 days following return to school. The Health office will be in communication with the Certified Athletic Trainer on progress of the athlete and if any increase in symptoms the appropriate action will be taken.