

Concussion: Return to Play Protocol Step 1: Aerobic Conditioning

Athlete Do's and Don'ts:

- Step 1 will begin once the athlete has been symptom free for 24 hours.
- Intensity: 4 out of 10. Aerobic conditioning (Walking, swimming, stationary cycling, rowing)
- Duration: no more than 15 minutes.
- If symptoms return during exercise athlete **MUST STOP** immediately and report symptoms.
- **No pain medications** should be taken while moving through this plan!
- Eat plenty of complex carbs and protein.
- HYDRATE

*Each day must be completed in consecutive order unless there are extenuating circumstances (i.e., school cancellation, no practice). If symptoms return, athlete will have to restart the protocols when symptom free, with no Tylenol for 24 hours. *

Athlete will have all signatures completed prior to turning into the Athletic Trainer. Missing signatures and losing paperwork means no advancement to the next day.

Athlete must be cleared by the Athletic Trainer BEFORE returning to the next practice/competitive session.

Please return this form to Athletic Trainer PRIOR TO next practice session with the following signatures:

Jordan Young, ATC: _____

Coach Signature: _____

Athlete Signature: _____

Date: _____

Concussion: Return to Play Protocol Step 2: Sports Specific Drills

Athlete Dos and Don'ts:

- Intensity: 5-6 out of 10. 30 min of cardio and sports specific drills
- Duration: no more than 60 minutes.
- No head impact activities. No scrimmages/potential for contact
- If symptoms return during exercise athlete **MUST STOP** immediately and report symptoms.
- **No pain medications** should be taken while moving through this plan!
- Eat plenty of complex carbs and protein.
- HYDRATE

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Athlete will have all signatures completed prior to turning into the Athletic Trainer. Missing signatures and losing paperwork means no advancement to the next day.

Athlete must be cleared by the Athletic Trainer BEFORE returning to the next practice/competitive session.

Please return this form to Athletic Trainer PRIOR TO next practice session with the following signatures:

Jordan Young, ATC: _____

Coach Signature: _____

Athlete Signature: _____

Date: _____

Concussion: Return to Play Protocol Step 3: No Contact Practice

Athlete Do's and Don'ts:

- Non-contact training drills – include more complex training drills to include resistance training/weight lifting.
- Intensity: 7 out of 10.
- Duration: no more than 90 minutes.
- **No potential for physical body impact/contact**
- If symptoms return during exercise athlete **MUST STOP** immediately and report to Coach.
- **No pain medications** should be taken while moving through this plan!
- Eat plenty of complex carbs and protein.
- HYDRATE

*Each day must be completed in consecutive order unless there are extenuating circumstances (i.e., school cancellation, no practice). If symptoms return, athlete will have to restart the protocols when symptom free, with no Tylenol for 24 hours. *

Athlete will have all signatures completed prior to turning into the Athletic Trainer. Missing signatures and losing paperwork means no advancement to the next day.

Athlete must be cleared by the Athletic Trainer BEFORE returning to the next practice/competitive session.

Please return this form to Athletic Trainer PRIOR TO next practice session with the following signatures:

Jordan Young, ATC: _____

Coach Signature: _____

Athlete Signature: _____

Date: _____

Concussion: Return to Play Protocol Step 4: Full Contact Practice

Athlete Do's and Don'ts:

- Full contact practice
- No intensity or duration restrictions
- If symptoms return during exercise athlete **MUST STOP** immediately and report to Coach.
- **No pain medications** should be taken while moving through this plan!
- Eat plenty of complex carbs and protein.
- HYDRATE

*Each day must be completed in consecutive order unless there are extenuating circumstances (i.e., school cancellation, no practice). If symptoms return, athlete will have to restart the protocols when symptom free, with no Tylenol for 24 hours. *

Athlete will have all signatures completed prior to turning into the Athletic Trainer. Missing signatures and losing paperwork means no advancement to the next day.

Athlete must be cleared by the Athletic Trainer BEFORE returning to the next practice/competitive session.

Please return this form to Athletic Trainer PRIOR TO next practice session with the following signatures:

Jordan Young, ATC: _____

Coach Signature: _____

Athlete Signature: _____

Date: _____

Concussion Return to Play Protocol Step 5: Return to Competition

Athlete Do's and Don'ts:

- Return to competition
- No intensity or duration restrictions
- If symptoms return during exercise athlete **MUST STOP** immediately and report symptoms.
- **No pain medication** should be taken while moving through this plan!
- Eat plenty of complex carbs and protein.
- HYDRATE

*Each day must be completed in consecutive order unless there are extenuating circumstances (i.e., school cancellation, no practice). If symptoms return, athlete will have to restart the protocols when symptom free, with no Tylenol for 24 hours. *

Athlete will have all signatures completed prior to turning into the Athletic Trainer. Missing signatures and losing paperwork means no advancement to the next day.

Athlete must be cleared by the Athletic Trainer BEFORE returning to the next practice/competitive session.

Please return this form to Athletic Trainer PRIOR TO next practice session with the following signatures:

Jordan Young, ATC: _____

Coach Signature: _____

Athlete Signature: _____

Date: _____

Concussion Return to Learn Protocol Step 1: Home & Total Rest

Athlete Do's and Don'ts:

- No mental exertion
- No screen time (computer, phone, iPod/iPad, video games)
- Stay at home; NO DRIVING
- No schoolwork/homework
- No participation in PE Class
- Eat plenty of complex carbs and protein.
- HYDRATE
- Tylenol ONLY. (Unless you have started the Return to Play Protocol.)
- It is YOUR responsibility to follow up and communicate with you teachers!

Jordan Young, ATC: _____

Nurse Signature: _____

Athlete Signature: _____

Parent Signature: _____

Athletic Director Signature: _____

Date: _____

Concussion Return to Learn Protocol Step 2: Home & Light Mental Activity

Athlete Do's and Don'ts:

- Up to 30 minutes of mental exertion (reading, writing, screen time, etc.)
- No prolonged concentration
- No participation in PE Class
- Eat plenty of complex carbs and protein.
- HYDRATE
- Tylenol ONLY. (Unless you have started the Return to Play Protocol.)
- It is YOUR responsibility to follow up and communicate with your teachers!

Jordan Young, ATC: _____

Nurse Signature: _____

Athlete Signature: _____

Parent Signature: _____

Athletic Director Signature: _____

Date: _____

Concussion Return to Learn Protocol Step 3: Part Time School

Athlete Do's and Don'ts:

- Provide quiet place for scheduled mental rest
- No significant classroom or standardized testing
- Modify rather than postpone academics
- Modify PE Class
- Provide extra time, extra help, modify assignments
- Eat plenty of complex carbs and protein.
- HYDRATE
- Tylenol ONLY. (Unless you have started the Return to Play Protocol.)
- It is YOUR responsibility to follow up and communicate with your teachers!

Jordan Young, ATC: _____

Nurse Signature: _____

Athlete Signature: _____

Parent Signature: _____

Athletic Director Signature: _____

Date: _____

Concussion Return to Learn Protocol Step 4: Full Time School

Athlete Do's and Don'ts:

- No standardized testing, routine tests acceptable
- May require more support in academically challenging subjects
- Attends all classes

- Full schoolwork/homework
- Full PE Class
- Eat plenty of complex carbs and protein.
- HYDRATE
- Should no longer be taking Tylenol.
- It is YOUR responsibility to follow up and communicate with your teachers!

Jordan Young, ATC: _____

Nurse Signature: _____

Athlete Signature: _____

Parent Signature: _____

Athletic Director Signature: _____

Date: _____

Concussion Return to Learn Protocol Step 5: Full Time School

Athlete Do's and Don'ts:

- No standardized testing
- Modified classroom testing
- Moderate decrease of extra time, help and modification of assignments
- Eat plenty of complex carbs and protein.
- HYDRATE
- Should no longer be taking Tylenol.
- It is YOUR responsibility to follow up and communicate with your teachers!

Jordan Young, ATC: _____

Nurse Signature: _____

Athlete Signature: _____

Parent Signature: _____

Athletic Director Signature: _____

Date: _____

Teacher and Athlete Expectations:

- Reduce class assignments and homework to key tasks only and base grades on adjusted work
- Provide extra time to work on class assignments
- Provide written instructions and help for homework and classwork
- Allow extra time to take tests, limit tests to one per day, and/or provide study guides
- Allow students to show they understand a concept orally instead of in writing
- Provide class notes and/or allow students to use a computer or recorder to record information
- Allow time to visit the school Nurse or Athletic Trainer for treatment of headaches or other symptoms
- Give students extra time to get to class to avoid crowds and/or loud noise in hallway
- Allow students to wear sunglasses or sit in a place that is less bright if sensitive to light
- COMMUNICATION, ACCOUNTABILITY AND RESPONSIBILITY!

Teacher Signature: _____

Teacher Signature: _____

Teacher Signature: _____

Teacher Signature: _____

Teacher Signature: _____

Teacher Signature: _____

Teacher Signature: _____

Teacher Signature: _____

Teacher Signature: _____

Teacher Signature: _____

Athlete Signature: _____

Date: _____