

## CONCUSSION RETURN-TO-PLAY CHECKLIST

Name:

Date of Head Injury:

***Once you are symptom-free, you may begin the steps for the return to play. Day 1 is the day following the 1st symptom-free day!***

9/28/18 Day 1: Light Aerobic Exercise: walking or stationary cycling, light jogging. No resistance training. No heavy exertion. Limit to 30 minutes. ATC \_\_\_\_\_ ATHLETE \_\_\_\_\_

9/30/18 Day 2: Sport Specific Training: stretching routine, agility drills, change in direction, running. No extended exertion. No contact. No helmet to helmet or equipment. ATC \_\_\_\_\_ ATHLETE \_\_\_\_\_

10/1/18 Day 3: Light Contact Training: resume body contact drills, limit direct head contact (tackle drills in football, heading in soccer, checking in hockey), wear helmet if appropriate, light resistance training and weight lifting. ATC \_\_\_\_\_ ATHLETE \_\_\_\_\_

10/2/18 Day 4: Full contact PRACTICE: participation in all areas of practice, contact is allowed, resistance training is full. Take Post-Injury IMPACT test online. Results will be read by Certified Athletic Trainer and or/ Physician. ATC \_\_\_\_\_ ATHLETE \_\_\_\_\_

10/5/18 Day 5: Game Play. ATC \_\_\_\_\_ ATHLETE \_\_\_\_\_

***\*If any post concussion symptoms develop at any stage, drop back to the previous level and try to progress again after 24 hours***

***\*No medication may be taken at any step of the progression. This is to prevent masking a more serious underlying condition***

***\*You must check in with you athletic trainer every day PRIOR to practice to review these steps.***

Clearance status: \_\_\_\_\_

Cleared by: \_\_\_\_\_

Parent notification: \_\_\_\_ Y \_\_\_\_ N