



## **Sports Medicine Department**

### Return – to – Play (RTP) Guidelines

Following a concussion, a student-athlete must meet the following criteria before he is able to begin to work toward getting back into sports:

- ❖ Clearance to begin RTP from a physician trained in concussion management
- ❖ He has returned to full days in school with no return of symptoms for an entire day
- ❖ He is able to handle full academic workload with no accommodations, and no return of symptoms
- ❖ If an ImPACT test baseline has been established, he must show a satisfactory return to baseline status on a post-injury test

This is never a “red light/green light” decision where the student-athlete is allowed to go right back into sports at full intensity and full contact. This must be a gradual process to make sure that the student-athlete is able to handle the physical exertion as well as the balance and coordination demanded by the sport. Athletic Trainers follow the commonly accepted guidelines for returning to sports. Because each sport is different, the plan should be customized for the demands of that sport. Here are the RTP guidelines to be followed at the direction of The Haverford School athletic trainers for returning to football.

- **Stage 1:** *No Activity*
- **Stage 2:** *Light aerobic exercise*
  - Stationary bike riding for 10-20 minutes, light resistance, low speed (<70% of maximum heart rate)
- **Stage 3:** *Individual, Sport-Specific training*
  - Agility drills
  - Sport-specific drills (individual or with one partner, NON-contact)
  - Throwing/catching, shooting on goal/net, running, dribbling/shooting baskets/lay-ups, skating with stick/puck handling drills, volleying, etc.
- **Stage 4:** *NON-contact practice/drills* with team.
  - Any skills or drills that the student-athlete can do in practice without the risk of contact or collision.
  - May also begin resistance (weight) training
- **Stage 5:** *FULL-contact, full-intensity practice* with team
- **Stage 6:** *Full-contact game play*

**Only complete one stage per day. If ANY symptoms return, STOP activity for that day, and when symptoms subside, return to the previous stage on the next day.**

For more information about this protocol, consult the “[Consensus statement on concussion in sport from the 5<sup>th</sup> International Conference on Concussion in Sport held in Berlin, October, 2016](#)”

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**Sports Medicine Department**

Physician Evaluation form - Concussion

This form is to be completed by a physician and returned to the athletic training staff after evaluation.

**Student-Athlete Name:** \_\_\_\_\_ **Date of evaluation:** \_\_\_\_\_

**Attendance Restrictions:**     Full school days, as tolerated  
   Modified/half school days, as tolerated until \_\_\_\_\_  
   NO School, but may attempt work at home until \_\_\_\_\_  
   NO School, total rest at home until \_\_\_\_\_

**Testing:**             NO RESTRICTIONS on testing     Test in quiet environment  
                           NO testing     Extra time for tests/quizzes  
                           NO *standardized* testing     Test across multiple sessions  
                           Open note/open book or take home tests     Reduced length of tests/quizzes  
                           Reformat from free response to multiple-choice, or provide cueing  
                           Modified testing: \_\_\_\_\_

**Workload reduction:**  Reduce overall amount of make-up work (50-75% is recommended)  
   Shorten tests/projects     Limit/reduce eye-tracking (reading) work  
   Limit/reduce computer work     Obtain audio books  
   Eliminate “non-essential” work     Audit classes

**Note-Taking:**  Allow student to obtain class notes or outlines ahead of time  
                           Allow student to obtain notes after class from a classmate

**Breaks:**  Allow student to rest in health office or athletic training room as needed

**Other:**  Allow student to wear hat and/or sunglasses due to light-sensitivity  
                   Allow snacks or drinks  
                   Change settings (brightness/contrast) on computer screens  
                   Avoid busy environments (i.e.-leave classes early to avoid crowded hallways, dining hall, etc.)  
                   NO Physical Education classes     NO sports participation  
                   May begin light, supervised exercise with athletic trainer  
                   May begin or continue through “Return-to-play” progression with athletic trainer

*According to the guidelines of the Consensus Statement from International Sports Concussion meeting, Berlin 2016*

**Other notes or comments:** \_\_\_\_\_

**Physician Name** (or practice/facility stamp): \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

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