POST CONCUSSION RETURN TO PLAY PROTOCOL FORM

Student-Athlete: _____

Date of Injury: _____

- Six Stage progression of Return to Play
- Minimum of 24 hours between stages
- If, at any stage, symptoms recur, protocol begins from Day 1

Symptom free for 23 hours and medical clearance received

Date: _____

Signed: _____

Day 1: Light aerobic exercise (i,e. stationary bike)

Date: _____

Signed: _____

Day 2: Sport specific exercise (running without contact), no resistance training

Date: _____

Signed: _____

Day 3: Low resistance training under supervision and with spotting

Date: _____

Signed: _____

Day 4: Non-contact training drills

Date: _____

Signed: _____

Day 5: Full-contact training

Date: _____

Signed: _____

Day 6: Return to play

Date: _____

Signed: _____