

RETURN TO PLAY PROGRESS

To be completed by non-medical personnel (e.g., coaches, PE teachers, health technicians, special-ed health technicians) to document a student's daily progress towards "Return to Play"

Student's Name: _____ Date: _____
 School staff member completing form: _____
 Job Title: _____

After this activity, I inquired, and the student reported the following: *check all that apply*

- | | | |
|--|---|--|
| <input type="checkbox"/> Confusion or foggy feeling | <input type="checkbox"/> Nausea or vomiting | <input type="checkbox"/> Dizziness or seeing stars |
| <input type="checkbox"/> Ringing in ears | <input type="checkbox"/> Developed a headache | <input type="checkbox"/> Slurred speech |
| <input type="checkbox"/> Delayed response to questions | <input type="checkbox"/> Light sensitive | <input type="checkbox"/> Noise sensitive |
| <input type="checkbox"/> More fatigue than expected | <input type="checkbox"/> Irritability or personality change | |
| <input type="checkbox"/> No symptoms at all | | |

In response to this, the student appeared to be truthful to me:

- Yes No Unsure - Comments:

You must have written physician (MD/DO) clearance to begin and progress through the following Stages as outlined below (or as otherwise indicated by physician)				
Date & Initial	Stage	Activity	Exercise Example	Objective of the Stage
	I	No physical activity for at least 2 full symptom-free days AFTER you have seen a physician	<ul style="list-style-type: none"> • No activities requiring exertion (weight lifting, jogging, P.E. classes) 	<ul style="list-style-type: none"> • Recovery and elimination of symptoms
	II-A	Light aerobic activity	<ul style="list-style-type: none"> • 10-15 minutes (minimum) of walking or stationary biking • Must be performed under direct supervision by designated individual 	<ul style="list-style-type: none"> • Increase heart rate to no more than 50% of perceived maximum exertion (e.g., <100 bpm) • Monitor for symptom return
	II-B	Moderate aerobic activity (light resistance training)	<ul style="list-style-type: none"> • 20-30 minutes jogging or stationary biking • Body weight exercises (squats, planks, push-ups), maximum 1 set of 10, no more than 10 minutes total 	<ul style="list-style-type: none"> • Increase heart rate to 50-75% maximum exertion (e.g., 100-150 bpm) • Monitor for symptom return
	II-C	Strenuous aerobic activity (moderate resistance training)	<ul style="list-style-type: none"> • 30-45 minutes running or stationary biking • Weight lifting ≤50% of maximal weight 	<ul style="list-style-type: none"> • Increase heart rate to >75% max exertion • Monitor for symptom return
	II-D	Non-contact training with sport-specific drills (no restrictions for weight lifting)	<ul style="list-style-type: none"> • Non-contact drills, sport-specific activities (cutting, jumping, sprinting) • No contact with people, padding, or the floor/mat 	<ul style="list-style-type: none"> • Add total body movement • Monitor for symptom return
Minimum of 6 days to pass Stages I and II. Prior to beginning stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor				
	III	Limited contact practice	<ul style="list-style-type: none"> • Controlled contact drills allowed (no scrimmaging) 	<ul style="list-style-type: none"> • Increase acceleration, decelerations, and rotational forces
		Full contact practice Full unrestricted practice	<ul style="list-style-type: none"> • Return to normal training, with contact • Return to normal unrestricted training 	<ul style="list-style-type: none"> • Restore confidence, assess readiness for return to play • Monitor for symptom return
MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice (If contact sport, highly recommend that Stage III be divided into 2 contact practice days as outline above)				
	IV	Return to play (competition)	<ul style="list-style-type: none"> • Normal game play (competitive event) 	<ul style="list-style-type: none"> • Return to full sports activity without restrictions