



STAB ATHLETIC TRAINING

Return to Sport Following Concussion

In accordance with the STAB Concussion Policy and the 2022 Amsterdam Consensus Statement on Concussion in Sport, an athlete who has been suspected of sustaining a concussion must complete the Return to Sport (RTS) protocol outlined in this form. Each stage must be completed by the athlete and supervised, initialed, and dated by a STAB Athletic Trainer.

Athlete Name _____ Sport _____ Date of
Injury _____ Coach _____

<u>Exercise Strategy</u>	<u>Activity at each step</u>	<u>Goal</u>	<u>Initials</u>	<u>Date</u>
Step 1 Symptom-limited activity	Daily activities that do not exacerbate symptoms (eg, walking) Gradual reintroduction of work/school walking).	Gradual reintroduction of work/school walking).		
Step 2 A-Light B- Moderate	Stationary cycling or walking at slow to medium pace. May start light resistance training that does not result in more than mild and brief exacerbation* of concussion symptoms.	A. Up to approximately 55% maxHR) B. Up to approximately 70% maxHR		
Step 3 Individual sport-specific exercise	Sport-specific training away from the team environment (eg, running, change of direction and/or individual training drills away from the team environment). No activities at risk of head impact.	Add movement, change of direction		

Steps 4-6 should begin after the resolution of any symptoms, abnormalities in cognitive function and any other clinical findings related to the current concussion, including with and after physical exertion.

Step 4 Non-contact training drills	Exercise to high intensity including more challenging training drills (eg, passing drills, multiplayer training) can integrate into a team environment.	Resume usual intensity of exercise, coordination and increased thinking		
Step 5 Full contact practice	Participate in normal training activities.	Restore confidence and assess functional skills by coaching staff		
Step 6 Return to sport	Normal game play.			

*Mild and brief exacerbation of symptoms (ie, an increase of no more than 2 points on a 0-10 point scale for less than an hour when compared with the baseline value reported prior to physical activity). Athletes may begin Step 1 (ie, symptom-limited activity) within 24 hours of injury, with progression through each subsequent step typically taking a minimum of 24 hours. If more than mild exacerbation of symptoms (ie, more than 2 points on a 0-10 scale) occurs during Steps 1-3, the athlete should stop and attempt to exercise the next day. Athletes experiencing concussion-related symptoms during Steps 4-6 should return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities. Written determination of readiness to RTS should be provided by an HCP before unrestricted RTS as directed by local laws and/or sporting regulations.

HCP, healthcare professional; maxHR, predicted maximal heart rate according to age (ie, 220-age).

I certify that the above named athlete has completed the Return to Sport protocol

STAB Athletic Trainer (printed)

Signature

Date