

RETURN TO SPORT
AFTER DIAGNOSIS OF CONCUSSION BY A PHYSICIAN/EMS DURING GAME –
(USE THIS FORM)

It is very important that an athlete not play any sports if they have any signs or symptoms of concussion. The athlete must rest until he/she is completely back to normal. When he/she is back to normal and has been seen by a doctor, he/she can then go through the steps of increasing activity described below. When the athlete has progressed through these steps with no symptoms or problems, and has received clearance from a doctor, he/she may return to play. If you are unsure if an athlete should play, remember... *when in doubt, sit them out!*

BACKGROUND

Name: _____ Examiner: _____
 Date of Injury: _____ Time of Injury: _____
 Team/Division: _____ Date of Assessment: _____
 Dominate Hand: _____
 Mechanism of Injury (“tell me what happened”): _____

STEP-WISE APPROACH TO RETURN TO PLAY

| Step | Activity | Date | Parent Initials |
|------|--|------|-----------------|
| 1 | No activity, complete rest. Once back to normal and cleared by a doctor, go to step 2. | | |
| 2 | Light exercise such as walking or stationary cycling, for 10-15 minutes. | | |
| 3 | Sport specific aerobic activity (ie. skating in hockey, running in soccer), for about 20-30 minutes. NO CONTACT. | | |
| 4 | “On field” practice such as ball drills, shooting drills, and other activities with NO CONTACT (ie. no checking, no heading the ball, etc.). | | |
| 5 | “On field” practice with body contact, once cleared by a doctor. | | |
| 6 | GAME PLAY | | |

Note: Each step must take a minimum of one day. Please record date as indicated by parent/guardian if it does not fall on a practice day. If the athlete has any symptoms of a concussion (e.g. headache, feeling sick to his/her stomach) that come back at any step, STOP activity, wait 24-48 hours, and resume activity at previous step. This protocol must be individualized to the athlete and their injury.

Manager: Please keep with your team records and return to HFA representative at end of season.
 Guardian Helmet: _____ Returned: _____