

Athlete's name \_\_\_\_\_ Date of concussion \_\_\_\_\_

If asymptomatic, advance stages every: (12 and under)  72 hours (13 and older)  24 hours (other) \_\_\_\_\_ hours

**\*\*A MINIMUM of 8 days recovery post-concussion is required to return to game competition. IF symptoms are getting worse or not going away, see your licensed health care provider.**

\* A mild and brief exacerbation of symptoms is defined as an increase of no more than 2 points on a 0-10 point scale (0=no symptoms and 10=worst symptoms imaginable) for less than an hour when compared to the baseline value reported prior to cognitive activity.

Stage	Activity	Permitted Activities	Examples/Guidelines	Acknowledgment of Stage Completion with NO symptoms
1	<b>Relative Rest</b> (48 hrs)	<ul style="list-style-type: none"> <li>Sleep</li> <li>Limited screen time</li> <li>Typical daily activities that do not result in more than a mild exacerbation of symptoms*</li> </ul>	<ul style="list-style-type: none"> <li>The key to recovery from a concussion is a gradual increase in brain and body activity, as long as symptoms are not more than mildly exacerbated*</li> <li>Time-limited social, cognitive, physical and screen time activities</li> <li>Casual walking, gradual increase in easy daily activities (bathing, cleaning)</li> </ul>	_____ <i>student initials/date</i>  _____ <i>monitor initials/date</i>
<b>STOP until able to return to school.</b>				
2	<b>Light Aerobic Exercise</b> Very light to moderate activity	<ul style="list-style-type: none"> <li>Pulse below 70% of max</li> <li>Non-contact activity that increases in intensity and speed in 20-minute increments</li> </ul>	<ul style="list-style-type: none"> <li>Able to talk when exercising, starting to sweat while monitoring symptoms (20-minute increments of walking, elliptical, stationary bike; NO lifting, NO contact)</li> <li>Activity that does not result in more than a mild exacerbation of symptoms</li> </ul>	_____ <i>student initials/date</i>  _____ <i>monitor initials/date</i>
3	<b>Moderate Exercise</b>	<ul style="list-style-type: none"> <li>Heart rate up to 80% of max</li> <li>Sport-specific training</li> <li>Non-contact drills and activities at reduced speed</li> <li>Moderate effort</li> </ul>	<ul style="list-style-type: none"> <li>Running, change of direction, training drills, shooting, cones, jumping and sprints</li> <li>Light to moderate lifting</li> <li>Increased intensity and speed</li> <li>Activities in 20-40 min. increments that do not result in an exacerbation of symptoms</li> <li>Off to the side exercising during practice or event/class</li> </ul>	_____ <i>student initials/date</i>  _____ <i>monitor initials/date</i>
<b>Step 4-6 should NOT begin until AFTER RESOLUTION of any symptoms, abnormalities in cognitive function and any other clinical findings related to the current concussion, including with and after physical exertion.</b>				
4	<b>Full Speed</b>	<ul style="list-style-type: none"> <li>Non-contact training drills in team environment, multiplayer training</li> <li>100% effort</li> <li>Non-contact sport practice/PE class</li> </ul>	<ul style="list-style-type: none"> <li>High intensity, heavier lifting and more challenging sport specific drills at practice (dribbling, shooting, cones, jumping, sprints, etc.).</li> <li>Full aerobic activity in 30-60 minutes of continuous movement</li> <li>No game scrimmage or drills against other players.</li> <li>No symptoms before, during or after exercise.</li> </ul>	_____ <i>student initials/date</i>  _____ <i>monitor initials/date</i>
5	<b>Full Speed</b>	<ul style="list-style-type: none"> <li>Full contact practice</li> <li>Normal training activities and PE classes</li> </ul>	<ul style="list-style-type: none"> <li>No symptoms before, during or after exercise</li> <li>No competition game play at this stage</li> </ul>	_____ <i>student initials/date</i>  _____ <i>monitor initials/date</i>
6	<b>2nd Full Speed</b>	<ul style="list-style-type: none"> <li>Full contact practice</li> <li>Normal training activities and PE classes</li> </ul>	<ul style="list-style-type: none"> <li>No symptoms before, during or after exercise.</li> <li>No competition game play at this stage.</li> </ul>	_____ <i>student initials/date</i>  _____ <i>monitor initials/date</i>
<b>STOP until healthcare provider fills out Release to Participate Form. First GAME DAY PARTICIPATION must be a MINIMUM of 8 days from date of concussion injury.</b>				
7	<b>Full Return to Play - Game</b>	<ul style="list-style-type: none"> <li>Fully cleared by health care provider to return to normal activity, full completion of RTP Protocol</li> </ul>	<ul style="list-style-type: none"> <li>100% effort</li> <li>Game ready</li> </ul>	_____ <i>ATC initials/date</i>

For more information and a listing of concussion-trained clinicians, go to [logan.org/savethebrain](http://logan.org/savethebrain) or call the Concussion Clinic at (406) 758-7035.