



STAB ATHLETIC TRAINING

Return to Play Following Concussion

In accordance with the STAB Concussion Policy and the 2012 Zurich Consensus Statement on Concussion in Sport, an athlete who has been suspected of sustaining a concussion must complete the Return to Play (RTP) protocol outlined in this form. Before an athlete can successfully return to play, he/she must first return to full academics*, complete this protocol successfully and then be cleared by the Head Athletic Trainer. *The return to learn program must be implemented and supervised by the Head Athletic Trainer.

Athlete Name _____ Sport _____

Date of Injury _____ Coach _____

Each stage must be completed by the athlete and supervised, initialed and dated by a STAB Athletic Trainer. Step 1 does not begin until the student has been symptom free for 24 hours and has returned to full academics by the Head AT.

<u>Rehabilitation Stage</u>	<u>Functional Activity Required</u>	<u>Objective</u>	<u>Initials</u>	<u>Date</u>
1. Light aerobic activity	Walking, swimming, or stationary cycling keeping intensity, no more than 70% of maximum exertion, no resistance training.	Increase heart rate.		
2. Sport specific exercise	Running and agility drills, no head impact activities.	Add movement.		
3. Non-contact training drills	More complex training drills (i.e. passing drills), progressive resistance training.	Exercise, coordination and cognitive load.		
4. Full contact practice	Participate in normal training activities, no game competition.	Restore confidence and functional skills.		
5. Game or Competition	No restrictions, full game allowed	Demonstrate ability to be functional at high speed		

*If at any time symptoms return during the RTP progression, the athlete must stop activity that day. If the athlete is asymptomatic the next day, he or she may resume the progression at the last step completed in which no symptoms were present. One step should be performed in a 24 hour period.

I certify that the above named athlete has successfully completed the Return to Play protocol and has shown no symptoms of concussion. The athlete may return to unrestricted athletic participation.

STAB Athletic Trainer (printed)

Signature

Date