



CONCUSSION RETURN TO PLAY PROTOCOL

Student Name:	Date of Injury: ___/___/___	Date of Diagnosis: ___/___/___
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CA STATE LAW AB 2127 STATES THAT RETURN TO PLAY (I.E., COMPETITION CANNOT BE SOONER THAN 7 DAYS AFTER EVALUATION BY A PHYSICIAN (MD/DO) WHO HAS MADE THE DIAGNOSIS OF CONCUSSION AND ONLY AFTER COMPLETING A GRADUATED RETURN TO PLAY PROTOCOL

Instructions:

- A graduated return to play protocol **MUST** be completed before you can return to FULL COMPETITION. Below is the CIF RTP Protocol.
 - A Certified Athletic Trainer (AT) or physician must initial each stage after you successfully pass it.
 - You should be back to normal academic activities before beginning stage II, unless otherwise instructed by your physician.
- After stage I, you cannot progress more than one stage per day (or longer if instructed by your physician)
- If symptoms return at any stage in the progression, **IMMEDIATELY STOP** any physical activity and follow up with the AT. In general if you are symptom-free the next day, return to the previous stage where symptoms had not occurred.
- Seek further medical attention if you cannot pass a stage after 3 attempts due to concussion symptoms or if you feel uncomfortable at any stage during the progression.

You must have a written physician (MD/DO) clearance to begin and progress through the following stages as outlined below, or as otherwise directed by your physician. Minimum of 6 days to pass Stages I and II

Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
	I	Limited physical activity for at least 2 symptom-free days	<ul style="list-style-type: none"> • Untimed walking okay • 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 of brisk walking or stationary biking • Must be performed under direct supervision by designated individual 	<ul style="list-style-type: none"> • Increase heart rate (HR) to no more than 50% of perceived maximum exertion. • Monitor for symptom return
	II-B	Moderate aerobic activity (light resistance training)	<ul style="list-style-type: none"> • 20-30 min jogging or stationary biking • Body weight exercises (squats, planks, pushups), max 1 set of 10 	<ul style="list-style-type: none"> • Increase HR to 50-75% max exertion • Monitor for symptom return
	II-C	Strenuous aerobic activity (Moderate resistance training)	<ul style="list-style-type: none"> • 30-45 min running or stationary biking • Weight lifting < 50% of max weight 	<ul style="list-style-type: none"> • Increase HR to > 75% max exertion • Monitor for symptom return
	II-D	Non-contact training with sport-specific drills (No restrictions for weightlifting)	<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





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Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
Prior to beginning Stage III, please make sure that a written physician (MD/DO) clearance for return to play, after successful completion of stages I and II has been given to your school's AT				
	III	Limited contact practice	<ul style="list-style-type: none"> • Controlled contact drills allowed (no scrimmage) 	<ul style="list-style-type: none"> • Increase acceleration, deceleration and rotational forces • Restore confidence, assess readiness to return to play
		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"> • 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 recommended that Stage III be divided into 2 contact practice days as outlined above)				
	IV	Return to play	<ul style="list-style-type: none"> • Normal game play (competitive event) 	<ul style="list-style-type: none"> • Return to full sports activity without restrictions

RTP Completed ___/___/___ AT Signature: _____

Notes:

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