

Graded Return-to-Participation Documentation

Athlete's name: _____ Date of birth: ____ / ____ / ____

Date of injury: ____ / ____ / ____ Today's date ____ / ____ / ____

Dear coach: This athlete was evaluated and determined to have sustained a concussion. Please see next steps for gradual return to play below. Thank you.

Additional information can be found at: cdc.gov/headsup/providers/

California state law states that a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time. A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

RETURNING TO SPORTS

Caution: If the athlete experiences a recurrence of ANY post-concussion symptoms during or after exerting, he or she should cease activity immediately and rest. He or she may resume activity at a lower level the following day if symptom-free, beginning the progression again. Athlete must be symptom-free during and after physical and cognitive exertion before returning to full participation. A graduated return applies to all activities, including academics, electronics, sports, riding bikes, physical education classes, chores, playing with friends, etc.

GRADUATED, STEP-WISE RETURN-TO-PARTICIPATION PROGRESSION

These steps should be completed as recommended by your medical team and may vary by athlete. There should be a minimum of 24 hours between steps.

Baseline: No symptoms. The athlete needs to have completed physical and cognitive rest and not be experiencing concussion symptoms for a minimum of 48 continuous hours.

Physician release must be obtained before progressing to step 1.

Step 1: Light aerobic activity. *The goal:* to increase an athlete's heart rate. *The time:* five to 10 minutes.

The activities: exercise bike, walking or light jogging. Absolutely no weightlifting, jumping or hard running.

Before progressing to the next stage, the athlete should be healthy enough to return to school full time.

Step 2: Moderate activity. *The goal:* limited body and head movement. *The time:* reduced from typical routine. *The activities:* moderate jogging, brief running, moderate-intensity stationary biking and moderate-intensity weight lifting.

Step 3: Heavy, non-contact activity. *The goal:* more intense but non-contact. *The time:* close to typical routine.

The activities: running, high-intensity stationary biking, the player's regular weight-lifting routine and non-contact, sport-specific drills. This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.

Step 4: Practice and full contact. *The goal:* reintegrate in full-contact practice.

Step 5: Competition. *The goal:* return to competition.

THIS SECTION TO BE COMPLETED BY PHYSICIAN

- This athlete **may NOT return** to any sport activity until medically cleared.
- Athlete should **remain home from school** to rest and recover until next follow-up with physician on _____ (date).
- Please **allow classroom accommodations**, such as extra time on tests, a quiet room to take tests and a reduced workload when possible. Additional recommendations: _____
- Athlete **may begin a graduated return at the stage circled above.**
- Athlete **must return for clearance before proceeding to Step 4.**

Physician's signature: _____ Date: _____

Physician's name (print): _____