

**Concussion: "Return to Play" Prescription**

**Student Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Instructions to student and parent:**

- A *graduated return to play protocol*, as described below, is required for all concussed students. Students cannot participate in physical activity more rapidly than defined in this prescription. For athletes, progression to return to play must be prescribed by a doctor (MD or DO) and completed before the student athlete can return to competition. Athletic programs may utilize CIF "Return to Play" progression.

**Instructions to school:**

- Each step, after successfully passed, should be signed by a physician or *designated school staff member*. Parent may report progress to school on progressive steps on non-school days.
  - For athletes a designated school staff member is: a school nurse, certified athletic trainer (ATC), or identified concussion monitor (e.g., coach, athletic director) who has been trained to observe for symptoms.
  - For non-athlete students, designated school staff member is a: school nurse, or a principal, physical education teacher, or other designee of the principal who has been trained to observe for symptoms of concussion.

**Instructions to prescribing physician (MD or DO):**

Sign protocol below; Or send school an alternate protocol (as long as student does not return to play/competition faster than 7 days)  
California Law states that full competition for athletes ***cannot be sooner than 7 days*** and that progression must be supervised by a DO or MD.  
An alternate protocol for athletes is available on the website for the California Interscholastic Federation (CIF):  
<http://www.cifstate.org/sports-medicine/concussions/index>

**I prescribe the protocol below, for the above named student (or have attached an alternate protocol). This student must seek medical attention if cannot pass any one stage after 3 attempts, due to concussion symptoms.**

\_\_\_\_\_  
**Signature**                      **Date**                      **Printed name**                      **Telephone No.**

Step	Activity	Exercise Example	Date, Name and Signature of school RN, physician or designated school official
<b>0</b>	<b>No physical activity:</b> for 2 full symptom-free days after concussion	No activities requiring exertion (weight lifting, jogging, P.E. classes)	
- Student must be back to normal academic activities before beginning Step 1. Only one step may be passed per day (longer if prescribed). - If symptoms return at any stage: (i) stop physical activity for day; (ii) withhold activity until there are no symptoms for 24 hours; (iii) notify parent and involved school staff (e.g. coach, school nurse); (iv) return to previously passed stage where symptoms had not occurred.			
<b>1</b>	<b>Light aerobic activity</b> <u>Goal:</u> To increase an athlete's heart rate. <u>Time:</u> 5 to 10 minutes.	- Walking or stationary biking, light jog - No weight lifting, jumping or hard running	
<b>2</b>	<b>Moderate aerobic activity</b> <b>Light resistance training</b> <u>Goal:</u> Limited body and head movement. <u>Time:</u> Less than typical routine (15-30 min)	- Moderate jogging, brief running, moderate-intensity stationary biking - Moderate-intensity weightlifting	
<b>3</b>	<b>Heavy, non-contact activity</b> <b>Moderate resistance training</b> (heart rate approx. 75% max); <u>Goal:</u> More intense, but non-contact <u>Time:</u> Close to typical routine	- Running, high-intensity stationary biking, non-contact sport-specific drills - regular weightlifting routine - cognitive component to practice is okay - No contact with people, padding or floor/mat	
<b>4</b>	<b>Practice and full contact</b> <u>Goal:</u> Reintegrate into full activity and practice, but no competition	- Total body movements; non-contact and contact drills, and sport-specific activities (cutting, jumping, sprinting)	
Minimum of six days to successfully complete steps 0-4 <u>Athletes</u> must obtain written physician (MD/DO) clearance for competition.			
<b>5</b>	<b>Return to competition</b>	Normal game play; return to full sports activity without restrictions	