

CCYFL Concussion Return to Play (RTP) Protocol

CA STATE LAW AB 2127 STATES THAT RETURN TO PLAY (I.E., COMPETITION) CANNOT BE SOONER THAN 7 DAYS AFTER EVALUATION LICENSED HEALTH CARE PROVIDER WHO HAS MADE THE DIAGNOSIS OF CONCUSSION, AND ONLY AFTER COMPLETING A GRADUATED RETURN TO PLAY PROTOCOL.

Instructions:

This is an example of a graduated Return to Play Protocol that **MUST** be completed before you can return to FULL COMPETITION.

A licensed health care provider must initial each stage after you successfully pass it.

An athlete should be back to normal academic activities before beginning stage II, unless otherwise instructed by your physician.

- After Stage I, an athlete 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 your licensed health care provider. In general, if your athlete is symptom-free the next day, return to the previous stage where symptoms had not occurred.
- Seek further medical attention if your athlete cannot pass a stage after 3 attempts due to concussion symptoms, or if your athlete feels uncomfortable at any time during the progression.

You must have written licensed health care provider clearance to begin and progress through the following Stages as outlined below (or as otherwise directed by physician). Minimum of 6 days to pass Stages I and II.				
Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
	I	No physical activity for at least 2 full symptom-free days	No activities requiring exertion (weight lifting, jogging, P.E. classes)	Recovery and elimination of symptoms
	II-A	Light aerobic activity	<ul style="list-style-type: none"> • 10-15 minutes of walking or stationary biking • Must be performed under direct supervision by designated individual 	<ul style="list-style-type: none"> • Increase heart rate to no more than 50% of perceived max. exertion (e.g., < 100 beats per minute) • Monitor for symptom return
	II-B	Moderate aerobic activity Light resistance training	<ul style="list-style-type: none"> • 20-30 minutes jogging or stationary biking • Body weight exercises (squats, planks, push-ups), max 1 set of 10, no more than 10 min total 	<ul style="list-style-type: none"> • Increase heart rate to 50-75% max. exertion (e.g., 100-150 bpm) • Monitor for symptom return
	II-C	Strenuous aerobic activity Moderate resistance training	<ul style="list-style-type: none"> • 30-45 minutes running or stationary biking • Weight lifting ≤ 50% of max weight 	<ul style="list-style-type: none"> • Increase heart rate 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
Prior to beginning Stage III, please make sure that written licensed health care provider clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor.				
	III	Limited contact practice	<ul style="list-style-type: none"> • Controlled contact drills allowed (no scrimmaging) 	<ul style="list-style-type: none"> • Increase acceleration, deceleration and rotational forces • Restore confidence, assess readiness for return to play • Monitor for symptom return
		Full contact practice	<ul style="list-style-type: none"> • Return to normal unrestricted training 	
MANDATORY: You must complete at least ONE contact practice before return to competition. (Highly recommend that Stage III be divided into 2 contact practice days as outlined above.)				
	IV	Return to play (competition)	Normal game play	Return to full sports activity without restrictions

Athlete's Name: _____ **Date of Concussion Diagnosis:** _____

****Adapted from resources developed by the CIF available here:**
<http://www.cifstate.org/sports-medicine/concussions/cifconcussionsreturntoplayprotocol.pdf>