

Irritability								
Sadness / Anxiety								
Numbness / Tingling								
Sleep Disturbance								
Feeling 'Not Right'								
TOTAL SCORE								

CONCUSSION PROTOCOL — PAGE 2

Return-to-Play Stages & Clearance

SECTION 3 — SIX-STAGE RETURN-TO-PLAY PROGRESSION

Stage	Activity / Description	Goal	Started	Passed	Cleared By
Stage 1 Rest	Complete physical AND cognitive rest. No school, screens, or reading while symptomatic.	Full symptom-free recovery			
Stage 2 Light Aerobic	Low-intensity aerobic only: walking, stationary cycling, light swimming. No head impact. Max 10-15 min.	Raise heart rate safely			
Stage 3 Sport-Specific	Sport-specific movement drills: running routes, ball skills. No contact. No resistance training.	Add sport movement			
Stage 4 Non-Contact Drills	Complex non-contact drills. Resistance training may resume. Absolutely no head contact.	Add non-contact drills			
Stage 5 Full Practice	Full-contact team practice. Requires physician confirmation before proceeding.	Restore contact skills			
Stage 6 Full Return	Normal full-contact game competition. Written physician clearance REQUIRED.	Resume competition			

SECTION 4 — COGNITIVE & ACADEMIC RETURN-TO-LEARN PLAN

- No school / stay home
- Extended time on tests
- Quiet testing environment
- No standardized testing
- Partial day attendance
- No high-stakes testing
- Rest breaks between classes
- 504 / IEP plan updated
- Reduced homework load
- Limit computer work
- Excused from PE class
- Reduced reading workload

Accommodations communicated to school on: _____

Contact at school: _____

Current Return-to-Learn stage: ■ Complete Rest ■ Gradual Return ■ Part-Time School ■ Full Return

SECTION 5 — PHYSICIAN RETURN-TO-PLAY CLEARANCE (Required before Stage 5 and Stage 6)

- Athlete is asymptomatic at complete rest — total symptom score = 0
- Athlete is asymptomatic with cognitive / school exertion
- Clinical neurological examination completed satisfactorily
- No red-flag symptoms present at time of clearance
- Athlete is asymptomatic with full physical exertion
- All 6 return-to-play stages completed successfully
- Baseline cognitive testing reviewed (if available)
- Athlete and family counseled on re-injury risk

Physician / Provider Printed Name: _____

License Number: _____

Clinic / Practice: _____

Date: _____

Physician Signature: _____