



SCEYFL CONFERENCE

SOUTHERN CALIFORNIA EAST/WEST

WHERE THE BIG BOYS PLAY

THE 1ST UNLIMITED WEIGHT YOUTH FOOTBALL CONFERENCE ON THE WEST COAST – ESTABLISHED 2010

CONCUSSION GRADUATED RETURN TO PLAY (G RTP) PROTOCOL

CA STATE LAW AB 2127 (effective 1/1/15) 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.

1. A youth athlete suspected of sustaining a concussion will be evaluated at a game by an EMT, officials, or coaches looking for symptoms of a concussion – “if in doubt sit it out” is the guiding principle as safety is paramount. Athletic trainers may use a standardized assessment of concussion test, or other means and tests as deemed necessary in a preliminary analysis.
2. A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed promptly and immediately by the officials, EMT and/or coaches and shall not further participate that day. The athlete shall not play or practice until evaluated for a concussion by an appropriately licensed physician trained in the evaluation and management of a concussion. The athlete shall not return to practice or play until he or she receives written clearance and release to play; such release shall be provided to the team and the SCEYFL-AAU Executive Board
3. Once a youth athlete is cleared by a physician or is 10 days symptom free the youth athlete will begin the Graduated Return to Play Protocol. Once beginning any physical activity **symptoms should not return**. In the event symptoms come back the athlete returns to step one in the Graduated Return to Play Protocol. The following steps can be modified only by a physician or appropriately trained medical professional:

You must have written physician (MD/DO) clearance to begin and progress through the following Stages as outlined below (or as otherwise directed by physician); Team AD will complete this section and provided copy to SCEYFL Conference Board before player is allowed to return to play.

FIRST NAME	MIDDLE NAME	LAST NAME	BIRT DATE: MM/DD/YY	Date of Concussion
USE NAME AS APPEARS ON BIRTH CERTIFICATE ONLY			/ /	
Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
	I	No physical activity for at least 2 full symptom-free days AFTER you have seen a physician	No activities requiring exertion	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"> 30-40 minutes running or stationary biking 	<ul style="list-style-type: none"> Increase heart rate to > 75% max. exertion Monitor for symptom return
	II-D	Non-contact training with sports specific drills	<ul style="list-style-type: none"> Non-contact drills No contact with people, or padding 	<ul style="list-style-type: none"> Add total body movement Monitor for symptom return
Minimum of 5 days to pass Stage I and II. Prior to beginning clearance for return to play, after successful completion of Stage				
	III	Limited contact practice Full contact practice	<ul style="list-style-type: none"> Controlled contact drills allowed (no scrimmaging) Return to normal training (with contact) 	<ul style="list-style-type: none"> Increase acceleration, deceleration and rotational forces Restore confidence, assess readiness for return to play Monitor for symptom return
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
TEAM AD NAME (please print)		SIGNATURE		DATE