

## SAS Concussion Return to Play Policy

**Instructions:**

- This graduated return to play protocol **MUST** be completed before you can return to FULL COMPETITION.
  - A certified athletic trainer (AT), physician, and/or identified concussion monitor (e.g., coach, athletic director), must monitor your progression and initial each stage after you successfully pass it.
  - Stages I to II-D take a minimum of 6 days to complete.
  - You must be back to normal academic activities before beginning Stage II, unless otherwise instructed by your physician.
  - You must complete one full practice without restrictions (Stage III) before competing in first game.
- After Stage I, you 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 schools AT, other identified concussion monitor, or your physician. In general, if you are symptom-free the next day, return to the previous stage where symptoms had not occurred.
- Seek further medical attention if you cannot pass a stage after 3 attempts due to concussion symptoms, or if you feel uncomfortable at anytime

<b>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)</b>				
Date & Initials	Stage	Activity	Exercise Example	Objective of the stage
	I	NO physical Activity for at least 2 full symptom-free days <b>AFTER</b> you have seen a physician	<ul style="list-style-type: none"> <li>•No activities requiring exertion (weight lifting, jogging, P.E. classes)</li> </ul>	<ul style="list-style-type: none"> <li>•Recovery and elimination of symptoms</li> </ul>
	II-A	Light aerobic activity	<ul style="list-style-type: none"> <li>•10-15 minutes (min) of walking or stationary biking.</li> <li>•<b>Must be performed under direct supervision by designated individual</b></li> </ul>	<ul style="list-style-type: none"> <li>•increase heart rate to no more than 50% of perceived maximum(max) exertion (e.g.,&lt;100 beats per minute)</li> <li>•Monitor for symptom of return</li> </ul>
	II-B	Moderate aerobic training (Light resistance training)	<ul style="list-style-type: none"> <li>•20-30 min jogging or stationary biking</li> <li>•Body weight exercises (squats planks, push-ups) max 1 set of 10, no more than 10 min total</li> </ul>	<ul style="list-style-type: none"> <li>•Increase hear rate to 50-75% max exertion (e.g,100-150pm)</li> <li>• Monitor for symptom of return</li> </ul>
	II-C	Strenuous aerobic activity (Moderate resistance training)	<ul style="list-style-type: none"> <li>•30-45 min running or stationary biking weight lifting ≤ 50% max weight</li> </ul>	<ul style="list-style-type: none"> <li>• Monitor for symptom of return</li> </ul>
	II-D	Non-contact training with sport – specific drills (no restrictions for weightlifting)	<ul style="list-style-type: none"> <li>•Non-contact drills, sport specific activities (cutting, jumping, sprinting)</li> <li>•No contact weight people, padding or the floor/mat</li> </ul>	<ul style="list-style-type: none"> <li>•Add total movement</li> <li>• Monitor for symptom of return</li> </ul>
<b>Minimum of 6 days to pass Stages I and II. Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II , has be given to your school's concussion monitor.</b>				
	III	Limited contact practice	<ul style="list-style-type: none"> <li>•Controlled contact drills allowed (no scrimmaging)</li> </ul>	<ul style="list-style-type: none"> <li>•Increase acceleration, deceleration and rotational forces</li> <li>•Monitor for symptom of return</li> </ul>
		full contact practice Full unrestricted practice	<ul style="list-style-type: none"> <li>•return to normal training with contact</li> <li>•return to normal unrestricted training</li> </ul>	<ul style="list-style-type: none"> <li>•increase acceleration, deceleration, and rotational forces</li> <li>•restore confidence , assess readiness for return to play</li> <li>•monitor for symptom return</li> </ul>
<b>Mandatory:</b> You must complete at least ONE contact practice before return to competition, or if no-contact sport, One unrestricted practice (if contact sport, highly recommend that Stage III be divided into 2 contact practice days outlined above)				
	IV	Return to play (competition)	<ul style="list-style-type: none"> <li>•normal game play (competitive event)</li> </ul>	<ul style="list-style-type: none"> <li>•Return to full sports activity without restrictions</li> </ul>

Athletes Name: \_\_\_\_\_ Date of Concussion Diagnosis: \_\_\_\_\_