



Concussion Protocol and Return to Play Procedures

Player Name: _____

Following any suspected concussion (even if not diagnosed by a medical doctor) team therapists will initiate the concussion protocol. This protocol is in place to ensure the safety and high performance of all players, and must be followed before return to competition. There will be a minimum of 24 hours after the last sign or symptom before beginning protocol or progressing to the next stage. If at any time during the stepwise protocol, the athlete experiences a return of signs (seen by others) or symptoms (experienced by athlete), they will rest until symptom free for 24 hours, then return to and repeat the last completed stage.

This form is to remain in the binder; copies can be provided to athletes / parents at request.

- 1) On date of injury, or reported symptoms, athlete will be removed completely from any activity (football or otherwise), and **parents given information sheet & referral to book appointment with a sports medicine doctor**. Post injury assessment should be completed, and details of assessment findings can be documented on the back of the information sheet. Athlete is to be instructed to follow step one of the SCAT5 guidelines.

Date: _____ Therapist: _____

- 2) Concussion testing and comparison to baseline completed (if baseline exists). **Athlete must have fully returned to school, work and/or daily activities to progress**. If baseline has been reached, and/or therapists deems the player ready to continue: 30 minutes of light aerobic activity: walking, or stationary bike. Player should be able to complete the 'talk test' (able to have a conversation) throughout. This must be done either at practice supervised by team therapist or supervised by a certified Athletic Therapist outside of practice, unless otherwise indicated by team therapist.

Date: _____ Therapist: _____

- 3) 30 Minutes of Sport Specific aerobic activity: running at a fast pace, sit-ups, push-ups, lunge walks, and sport and position specific drills in multiple planes of movement. This must be done either at practice supervised by team therapist or supervised by a Certified Athletic Therapist outside of practice, unless otherwise indicated by team therapist.

Date: _____ Therapist: _____

Clearance by a Sports Medicine Physician must be obtained prior to progression to stage 4 of the Return to Play Protocol. A family doctor is not sufficient for clearance, unless the team therapist specifies otherwise. Document here when written clearance is received.

Date: _____ Therapist: _____ (attach letter)

- 4) Participate in non-contact practice drills. Full warmup of 10 or more minutes followed by at least 50 minutes of intense non-contact sport specific, and position specific drills with a goal of 80-100% of maximum heart rate. This must be completed with the same age group under the supervision of team therapist, and in full equipment.

Date: _____ Therapist: _____

- 5) Participate in a full length full contact practice. This must be completed with the same age group, under the supervision of team therapist.

Date: _____ Therapist: _____

- 6) Full participation in competition.

Date: _____ Therapist: _____

Any questions regarding concussions or return to play protocol can be directed to Alana Gulka CAT(C) by email at alana.gulka.athletictherapy@gmail.com or at 226 343 6311