

# Graded Return-to-Participation Documentation

Athlete's name: \_\_\_\_\_ Date of birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Date of injury: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Today's date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Dear coach:** This athlete was evaluated and determined to have sustained a concussion. Please see next steps for gradual return to play below. Thank you.

Additional information can be found at: [cdc.gov/headsup/providers/](http://cdc.gov/headsup/providers/)

California state law states that a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time. A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

## RETURNING TO SPORTS

**Caution:** If the athlete experiences a recurrence of ANY post-concussion symptoms during or after exerting, he or she should cease activity immediately and rest. He or she may resume activity at a lower level the following day if symptom-free, beginning the progression again. Athlete must be symptom-free during and after physical and cognitive exertion before returning to full participation. A graduated return applies to all activities, including academics, electronics, sports, riding bikes, physical education classes, chores, playing with friends, etc.

## GRADUATED, STEP-WISE RETURN-TO-PARTICIPATION PROGRESSION

These steps should be completed as recommended by your medical team and may vary by athlete. There should be a minimum of 24 hours between steps.

**Baseline: No symptoms.** The athlete needs to have completed physical and cognitive rest and not be experiencing concussion symptoms for a minimum of 48 continuous hours.

**Physician release must be obtained before progressing to step 1.**

**Step 1: Light aerobic activity.** *The goal:* to increase an athlete's heart rate. *The time:* five to 10 minutes.

*The activities:* exercise bike, walking or light jogging. Absolutely no weightlifting, jumping or hard running.

**Before progressing to the next stage, the athlete should be healthy enough to return to school full time.**

**Step 2: Moderate activity.** *The goal:* limited body and head movement. *The time:* reduced from typical routine. *The activities:* moderate jogging, brief running, moderate-intensity stationary biking and moderate-intensity weight lifting.

**Step 3: Heavy, non-contact activity.** *The goal:* more intense but non-contact. *The time:* close to typical routine.

*The activities:* running, high-intensity stationary biking, the player's regular weight-lifting routine and non-contact, sport-specific drills. This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.

**Step 4: Practice and full contact.** *The goal:* reintegrate in full-contact practice.

**Step 5: Competition.** *The goal:* return to competition.

## THIS SECTION TO BE COMPLETED BY PHYSICIAN

- This athlete **may NOT return** to any sport activity until medically cleared.
- Athlete should **remain home from school** to rest and recover until next follow-up with physician on \_\_\_\_\_ (date).
- Please **allow classroom accommodations**, such as extra time on tests, a quiet room to take tests and a reduced workload when possible. Additional recommendations: \_\_\_\_\_
- Athlete **may begin a graduated return at the stage circled above.**
- Athlete **must return for clearance before proceeding to Step 4.**

Physician's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician's name (print): \_\_\_\_\_