

RETURN TO SPORT COMMUNICATION TOOL

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Based on Consensus Statement on Concussion in Sport – 5th international conference, Berlin 2016

*Step 1 is to starting following an initial rest period of 24-48 hours

Date of Concussion: _____

STEP 1 “Recovery”: Symptom-limiting physical and cognitive activities (conserve energy)

Symptom-free for 24 hours? **YES:** Begin Step 2 **NO:** Continue participating in symptom-limiting activity

Time Completed: _____ **Date Completed:** _____ **Parent Initials:** _____

Step 2 “Increase Heart Rate”: Light aerobic exercise off-field (walking, stationary cycling); <70% HR

Symptom-free for 24 hours? **YES:** Move to Step 3 **NO:** Return to Step 1

Time Completed: _____ **Date Completed:** _____ **Parent Initials:** _____

Step 3 “Add Movement”: Sport-specific exercise off-field (running); **NO CONTACT, no head impact activities**

Symptom-free for 24 hours? **YES:** Move to Step 4 **NO:** Return to Step 2

Time Completed: _____ **Date Completed:** _____ **Parent Initials:** _____

Step 4 “Exercise, Coordination, Cognitive Load”: Non-contact drills; “on-field” practice such as ball drills, passing, shooting drills, other activities with **NO CONTACT** (no heading, no tackling, etc.); may start resistance training

Symptom-free for 24 hours? **YES:** Move to Step 5 **NO:** Return to Step 3

Time Completed: _____ **Date Completed:** _____ **Parent Initials:** _____



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MEDICAL CLEARANCE REQUIRED BEFORE MOVING TO STEP 5

Step 5 “Restore Confidence, Assess Functional Skills”: Following medical clearance; full-contact “on-field” practice

Symptom-free for 24 hours? YES: Move to Step 6 NO: Return to Step 4

Time Completed: _____ Date Completed: _____ Parent Initials: _____

Step 6 “Normal Game Play”: Return to play

Note: Each step must take a minimum of 24 hours; if any symptoms come back at any step, **STOP** the activity immediately, rest for at least 24 hours, resume activity at the previous step.

DO NOT return to sport until cleared by a medical doctor and/or nurse practitioner. Documentation from any other source will not be accepted.



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