

Athlete's name _____ Date of concussion _____

If asymptomatic, advance stages every: (12 and under) 72 hours (13 and older) 24 hours (other) _____ hours

To advance beyond Stage 1, concussed person needs to be symptom-free (normal) *without any new medications* for headache, pain or sleep and have health care provider clearance.

If symptoms return after advancing to the next stage, the athlete should go back one stage and follow the activity level for that stage.

If symptoms are getting worse or not going away, see your licensed health care provider.

Stage	Activity	Permitted Activities	Examples/Guidelines	Student/Monitor Acknowledgment of Stage Completion
0	48 Hours of Rest	<ul style="list-style-type: none"> Sleep. Quiet activities that do not worsen symptoms. Limit technology. 	<ul style="list-style-type: none"> The key to recovery from a concussion is initial rest followed by a gradual increase in brain and body activity, as long as symptoms do not worsen. 	_____ <i>student initials/date</i> _____ <i>monitor initials/date</i>
1	Symptom Limited Active Rest	<ul style="list-style-type: none"> Limit or avoid all activities that cause or aggravate symptoms. May start before returning to school/ social activities. 	<ul style="list-style-type: none"> Time-limited social activities. Casual walking, easy daily activities (bathing, cleaning). No jogging, lifting, or activities that increase effort/breathing. 	Student completed this stage with no symptoms. _____ <i>student initials/date</i> _____ <i>monitor initials/date</i>

STOP until able to return to school with health care provider clearance. Return to Learn Protocol must be complete.

This patient is safe to progress to Stage 2 of the Return to Play Protocol. He/she must receive final clearance from a health care provider before progressing to Stage 6 or participating in competition.

Provider Signature: _____ Date: _____

2	Light Aerobic Exercise Very light to moderate activity	<ul style="list-style-type: none"> Pulse below 70% of max 20 minute increments of walking, elliptical, stationary bike No lifting. 	<ul style="list-style-type: none"> Able to talk while exercising. Start to sweat while monitoring symptoms carefully. Intensity is very light to moderate effort. 	_____ <i>student initials/date</i> _____ <i>monitor initials/date</i>
3	Moderate Exercise Non-contact drills, lower speed, moderate to somewhat hard effort	<ul style="list-style-type: none"> Light lifting Non-contact drills and activities at reduced speed. 	<ul style="list-style-type: none"> Increased intensity and speed. Somewhat hard effort, heart rate up to 80% of max in 20-40 min. increments. Off to the side exercising during practice or event/class. 	_____ <i>student initials/date</i> _____ <i>monitor initials/date</i>
4	Non-contact Training Full Speed Heavy activity, school and cognitive function is normal	<ul style="list-style-type: none"> No contact. Heavier lifting. Full aerobic activity. 100% effort. 30-60 minutes of continuous movement. 	<ul style="list-style-type: none"> May participate in non-contact sport practice/PE class. No game scrimmage or drills against other players. Sport specific drills (dribbling, shooting, cones, jumping, sprints, etc.). 	_____ <i>student initials/date</i> _____ <i>monitor initials/date</i>
5	Full-contact Training All non-game/non-event activities	<ul style="list-style-type: none"> All activities are permitted. 	<ul style="list-style-type: none"> No symptoms before or after exercise. Concussion scores back to baseline. Full contact practice. No game or event. 	_____ <i>student initials/date</i> _____ <i>monitor initials/date</i>

STOP until health care provider fills out Release to Participate Form.

6	Full Return to Play Game activities	<ul style="list-style-type: none"> Fully cleared by health care provider to return to normal activity. 	<ul style="list-style-type: none"> 100% effort. Game ready. 	
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For more information and a listing of concussion-trained clinicians, go to logan.org/savethebrain or call the Concussion Clinic at (406) 758-7035.