



Athlete _____
 Sport/Level _____
 Injury Date _____
 Full Return Date _____
 Evaluator _____

Gradual Return to Play Procedure

An athlete who has exhibited signs and/or symptoms of a concussion or other brain injury must complete all requirements of SB38 (minimum of 240 hours/10 days) and complete all levels of evaluation before returning to unrestricted activity. The athlete shall not return to play if any concussion signs and/or symptoms exist. Documentation by the athletic trainer of progression through the levels of activity is required.

If at any point within the gradual return to play procedure the athlete begins to experience signs and/or symptoms or if test performance indicates signs and/or symptoms, the athletic trainer shall end the evaluation session for the day and wait a minimum of 24 hours before the next evaluation session. At that time, the athletic trainer shall return to the previous level of progression. Progression through levels may require more than one session (day) per level (e.g. low-level activity: walking-session 1, jogging-session 2, etc.).

Classroom and academic accommodations may need consideration in conjunction with the guidelines of the return to play progression of activity.

Level 1 Date(s)	Notes:	<p>NO physical activity</p> <ul style="list-style-type: none"> • near asymptomatic for minimum of 24 hrs. • rest, limited TV, video games, other outside stimulus • minimal cognitive activity • classroom accommodations may be needed
Level 2 Date(s)	Notes:	<p>LOW levels of physical activity</p> <ul style="list-style-type: none"> • walking, light jogging, stationary biking • light weight lifting, calisthenics • attend all classes, complete academic work
Level 3 Date(s)	Notes:	<p>MODERATE levels of physical activity</p> <ul style="list-style-type: none"> • walking, jogging, stationary biking • moderate weight lifting, calisthenics • body and head movement
Level 4 Date(s)	Notes:	<p>HEAVY levels of physical activity (limited contact)</p> <ul style="list-style-type: none"> • walking, jogging, stationary biking • weight lifting, calisthenics • non-contact sport-specific drills
Level 5 Date(s)	Notes:	<p>FULL CONTACT controlled activity</p> <ul style="list-style-type: none"> • completion of full practice session • controlled contact drills
Level 6 Date(s)	Notes:	<p>FULL UNRESTRICTED ACTIVITY</p> <ul style="list-style-type: none"> • final evaluation at end of activity • injury is now closed at completion of level • concussion sustained after this time will be considered a new injury