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Player: _____

Level: JN N JV V (circle one)

Date of original injury: _____

PROGRESSIVE RETURN TO PLAY PROTOCOL

1. Written clearance is required from a licensed health care provider (trained in the diagnosis and treatment of concussions) that permits athlete to return to practice.
2. The following are key protocols to follow during the progressive return to play period:
 - a. Only begin the return to play protocol after the athlete is symptom free.
 - b. Player Safety Coaches and Coaches must monitor for a return of any symptoms at every stage from a-e listed below.
 - c. Athletes may only progress one (1) stage per day (a, b, c, d or e); they may not progress through multiple stages.
 - d. An athlete may move to the next stage if he/she remains symptom free for 24 hours following each stage.
 - e. If symptoms re-appear, the athlete should rest until all symptoms subside and then begin again at the first stage.
3. After a clearance has been granted, an athlete may begin the progressive return to play process. Athletes may engage in...
 - a. **5-10 minutes of light aerobic exercise with the purpose to increase heart rate. Activities can include jogging, biking, or activity on an elliptical.**
 - b. **continued aerobic activity at greater durations and at moderate levels.**
 - c. **heavy non-contact activity such as sprints, weights, and non-contact football drills.**
 - d. **a return to controlled football practice.**
 - e. **a full return to practice.**
4. Progressive return to play.

DATE:	STAGE	SYMPTOMS:	(if yes, list all)	Monitoring PSC -Coach
	a			
	b			
	c			
	d			
	e			

Progressive return to play protocol completed	Date:
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Signatures: Player: _____ Parent: _____

PSC: _____ Parent: _____