

WATERVILLE CENTRAL SCHOOL DISTRICT SUPERINTENDENT'S REGULATION

RETURN TO PLAY PROTOCOL

- I. The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to play.
- II. The program is broken down into six (6) steps in which only one (1) step is covered a day.
- III. If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest.
- IV. In addition, the student should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test.

Date	Activity	CMT Leader Initials
_____	No exertional activity until asymptomatic for 24 hours	_____
_____	Light aerobic exercise such as walking or stationary bike, etc. No resistance training.	_____
_____	Sport specific exercise such as skating, running, shooting, etc. Progressive addition of resistance training may begin	_____
_____	Non-contact training/skill drills	_____
_____	Full contact training in practice setting. (Medical clearance required)	_____
_____	Return to competition	_____

Third Doctor Visit:

(Please check one of the following)

Student is (cleared / not cleared) for "Full contact training in practice setting" and "Return to Competition"

Additional Findings/Comments:

Recommendations:

Signature: _____

Date: _____

Print or Stamp name: _____

Phone Number: _____

CMT Leader Follow-up: (Please check all of the following that apply)

_____ Student has successfully completed Return to Play Protocol

_____ Doctor #2 has been contacted and updated with this information

_____ Doctor #2 has verbally cleared the athlete to return to competition

Additional Comments:

Signature: _____

Date: _____

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SUPERINTENDENT'S REGULATION**

RETURN TO PLAY PROTOCOL

Print or Stamp name: _____

Phone Number: _____