



Concussion Clearance to Return to Play Form

Player Name: _____

Date of Injury: _____

Team Name: _____

Date of Clearance: _____

Parent Name: _____

Phone: _____

According to the [Zackery Lystedt Law](#), any youth athlete removed from play due to a suspected concussion or head injury must receive written clearance from a licensed health care provider who has been trained in the evaluation and management of concussions prior to resuming play.

Athletes may not return to practice or games on the same day of their head injury unless the injury was diagnosed as not having sustained a concussion. Athletes should not return to practice or play if they exhibit any symptoms. Prior to returning to practices or games after being diagnosed with a concussion, athletes should have:

- No symptoms; all signs and symptoms resolved
- Returned to all school activities
- Completed a graduated activity progression similar or equivalent to the protocol on the following page

TO BE COMPLETED BY THE HEALTH CARE PROVIDER AND RETURNED TO COACH:

Please initial the statements below upon verification:

_____ Athlete has been evaluated and determined as not having sustained a concussion and may return to play immediately

_____ Athlete is completely symptom free, has returned to all school activities without difficulty, has completed a graduated activity progression without return of symptoms, and may return to practice and team activities with no restrictions

_____ Athlete is cleared to return to all practice and team activities with no restrictions as of _____ (date) provided they have returned to all school activities without difficulty, and has completed a graduated activity progression without return of symptoms

Provider Name (please print): _____ MD, DO, PA, ARNP, ATC (circle one)

Signature: _____

Date: _____

Office Address: _____

Phone: _____



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Graduated Activity Progression

Athletes should not enter the progression until they are free of symptoms for 24 hours. In general, 24 hours are recommended between stages. If symptoms recur with any exercise, the athlete should rest 24 hours and return to the most recent stage completed without symptoms.

Stage 1: Light aerobic activity

Stage 2: Individual sport-specific training

Stage 3: Moderate to intense sport-specific and aerobic training

***Coach receives completed and signed "Concussion Clearance to Return to Play" form*

Stage 4: Return to practice

Stage 5: Return to competitions

If athletes are unable to complete the return to play protocol due to recurrent symptoms, athletes must follow up with a medical provider prior to returning to play.