

Hillsdale Public Schools
Graduated Return to Practice and Competition Protocol

Name: _____ Date of Injury: _____

Sport: _____ Coach: _____ MD: _____

After the school physician's acceptance of the written medical release/clearance stating the pupil is asymptomatic at rest, the pupil may begin a graduated return to competition and practice protocol. Protocol shall be supervised by the athletic director, school nurse or coach trained in the evaluation and management of sports-related concussions.

Step 1

- Completion of a full day of normal cognitive activities (attendance at school, studying for tests, watching practice, interacting with peers, etc.) without re-emergence of any signs or symptoms.
- If there is no return of signs or symptoms of a concussion, the pupil may advance to Step 2 on the next day.
- If a re-emergence of any signs or symptoms of a concussion, the pupil shall be required to have a re-evaluation by the pupil's physician or licensed healthcare provider.

Check here if ready to move on to Step 2. Signature _____ date _____

Step 2

- Light aerobic exercise, which includes walking, swimming, or stationary cycling, keeping the intensity below 70% maximum percentage heart rate. There shall be no resistance training.
- The objective of this step is increased heart rate.
- If there is no return of any signs or symptoms of a concussion, the pupil may advance to Step 3 on the next day.
- If a re-emergence of any signs or symptoms of a concussion occur, the pupil shall return to Step 1.

Check here if ready to move on to Step 3. Signature _____ date _____

Step 3

- Sport specific exercise including running with no head impact activities.
- The objective of this step is to add movement and continue to increase the pupil's heart rate.
- If there is no return of signs or symptoms of a concussion, the pupil may advance to Step 4 on the next day.
- If a re-emergence of any signs or symptoms of a concussion occur, the pupil shall return to Step 2.

Check here if ready to move on to Step 4. Signature _____ date _____

Step 4

- Non-contact training drills such as passing drills, agility drills, throwing, catching, etc.
- The pupil may initiate progressive resistance training.
- If there is no return of signs or symptoms of a concussion, the pupil may advance to Step 5 on the next day.
- If a re-emergence of any signs or symptoms of a concussion occur, the pupil shall return to Step 3.

Check here if ready to move on to Step 5. Signature _____ date _____

Step 5

- The pupil's medical condition, upon completing Step 4 with no return of any signs or symptoms of a concussion, shall be evaluated for medical clearance based upon consultation between the school district's licensed athletic trainer, school or team physician, designated school nurse and the pupil's physician.
- After this consultation and upon obtaining written medical clearance approved by the school or team physician, the pupil may participate in normal training activities.
- The objective of this Step is to restore the pupil's confidence and for the coaching staff to assess the pupil's functional skills.
- If there is no return of any signs or symptoms of a concussion, the pupil may advance to Step 6 on the next day.
- If a re-emergence of any signs or symptoms of a concussion occur or if the pupil does not obtain medical release/clearance to proceed to Step 6, the school or team physician, in consultation with the pupil's physician shall determine the pupil's return to competition and practice protocol.

Check here if ready to move on to Step 6. Signature _____ date _____

Step 6

- Return to play involving normal exertion or game activity.
- If the pupil exhibits a re-emergence of any signs or symptoms of a concussion, the pupil will be removed from further activities and shall return to Step 5.

Check here if medically cleared to return to competition and practice. Signature _____ date _____