

Ellenville Central School District
Concussion Management
Return to Play Protocol

7605F

Athlete _____ Sport/Level _____

Date of Injury: _____ Date of Primary Physician Clearance: _____

- () Step One: Light Aerobic Exercise – Dates _____ Coach Initial _____
5 to 10 minutes of walking, exercise bike or light jogging. There should be no weight lifting, jumping or hard running.
- () Step Two: Moderate Aerobic Exercise – Dates _____ Coach Initial _____
Moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting.
- () Step Three: Aerobic Exercise – Dates _____ Coach Initial _____
Sprinting/running, high-intensity stationary biking, player's regular weightlifting routine, and non-contact sport specific drills (in 3 planes of movement)
- () Step Four: Reintegrate into practice sessions – Dates _____ Coach Initial _____
Reintegrate the athlete in practice sessions, even full contact in controlled practice, if appropriate for the sport.
- () Step Five: Put him back into play – Dates _____ Coach Initial _____
- () Athlete is asymptomatic – Date _____ Coach's signature _____

School Physician Clearance Date _____

School Physician Signature _____

* Coaches will check when each step has been completed; athlete must be asymptomatic and initial.