

## CONCUSSION RETURN TO PLAY FORM

This form has been adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC website ([www.cdc.gov/injury](http://www.cdc.gov/injury)). All sports personnel are encouraged to review this site if they have any questions regarding the latest information on the evaluation and care of the student athlete following a concussion injury.

This return to play plan is based on today's evaluation \_\_\_\_\_  
today's date

### RETURN TO SPORTS:

1-Athletes should not return to practice or play the same day that their head injury occurred.

2-Athletes should never return to play or practice if they still have **ANY** symptoms.

3-Athletes, be sure your coach and/or athletic trainer are aware of your injury, symptoms and has the contact information for the treating health care provider.

### PHYSICAL EDUCATION:

\_\_\_\_\_ Athlete **MAY** return to PE

\_\_\_\_\_ Athlete **MAY NOT** return to PE

### SPORTS:

\_\_\_\_\_ **DO NOT** return to sports practice or competition

\_\_\_\_\_ May gradually return to sports practices under the supervision of the health care provider for your school or team, using the **Gradual Return to Play Guidelines (below)**.

\_\_\_\_\_ Must return to the treating physician for final clearance to return to competition.

\_\_\_\_\_ Cleared for full participation in all activities without restriction.

### Gradual Return to Play Plan

Return to play should occur in gradual steps.

Pay careful attention to your symptoms at each stage. After completion of each step without recurrence of symptoms, you can move to the next level of activity the next day. **Move to the next level of activity only if you do not experience any symptoms at the present level.** If your symptoms return, return to the first level and restart the program gradually.