



CIF Concussion Return to Play (RTP) Protocol



CA STATE LAW AB 2127 STATES THAT RETURN TO PLAY (I.E., COMPETITION) CANNOT BE SOONER THAN 7 DAYS AFTER EVALUATION BY A PHYSICIAN (MD/DO) WHO HAS MADE THE DIAGNOSIS OF CONCUSSION, AND ONLY AFTER COMPLETING A GRADUATED RETURN TO PLAY PROTOCOL.

Instructions:

- A graduated return to play protocol **MUST** be completed before you can return to FULL COMPETITION. Below is the CIF RTP Protocol.
 - A certified athletic trainer (AT), physician, or identified concussion monitor (e.g., athletic director, coach), must initial each stage after you successfully pass it.
 - You should be back to normal academic activities before beginning Stage II, unless otherwise instructed by your physician.
- After Stage I, you cannot progress more than one stage per day (or longer if instructed by your physician).
- If symptoms worsen at any stage in the progression, **IMMEDIATELY STOP** any physical activity and follow up with your school's AT, other identified concussion monitor, or your physician. In general, if you are symptom-free the next day, return to the previous stage where symptoms had not occurred.
- Seek further medical attention if you cannot pass a stage after 3 attempts due to concussion symptoms, or if you feel uncomfortable at any time during the progression.

You must have written physician (MD/DO) clearance to begin and progress through the following Stages as outlined below, or as otherwise directed by your physician. <u>Minimum</u> of 6 days to pass Stages I and II.				
Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
	I	Limited physical activity that does not exacerbate symptoms for at least 2 days	<ul style="list-style-type: none">Untimed walking okayNo activities requiring exertion (weight lifting, jogging, P.E. classes)	<ul style="list-style-type: none">Recovery and reduction/elimination of symptoms
	II-A	Light aerobic activity	<ul style="list-style-type: none">10-15 minutes (<i>min</i>) of brisk walking or stationary bikingMust be performed under direct supervision by designated individual	<ul style="list-style-type: none">Increase heart rate to $\leq 50\%$ of perceived maximum (<i>max</i>) exertion (e.g., < 100 beats per min)Monitor for symptom return
	II-B	Moderate aerobic activity (<i>Light resistance training</i>)	<ul style="list-style-type: none">20-30 min jogging or stationary bikingBody weight exercises (squats, planks, push-ups), max 1 set of 10, ≤ 10 min total	<ul style="list-style-type: none">Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm)Monitor for symptom return
	II-C	Strenuous aerobic activity (<i>Moderate resistance training</i>)	<ul style="list-style-type: none">30-45 min running or stationary bikingWeight lifting $\leq 50\%$ of max weight	<ul style="list-style-type: none">Increase heart rate to $> 75\%$ max exertionMonitor for symptom return
	II-D	Non-contact training with sport-specific drills (<i>No restrictions for weightlifting</i>)	<ul style="list-style-type: none">Non-contact drills, sport-specific activities (cutting, jumping, sprinting)No contact with people, padding or the floor/mat	<ul style="list-style-type: none">Add total body movementMonitor for symptom return
Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor. <i>You must be symptom-free prior to beginning Stage III.</i>				
	III	Limited contact practice	<ul style="list-style-type: none">Controlled contact drills allowed (no scrimmaging)	<ul style="list-style-type: none">Increase acceleration, deceleration and rotational forcesRestore confidence, assess readiness for return to playMonitor for symptom return
		Full contact practice Full unrestricted practice	<ul style="list-style-type: none">Return to normal training, with contactReturn to normal unrestricted training	
MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice (If contact sport, highly recommend that Stage III be divided into 2 contact practice days as outlined above)				
	IV	Return to play (competition)	<ul style="list-style-type: none">Normal game play (competitive event)	<ul style="list-style-type: none">Return to full sports activity without restrictions

Athlete's Name: _____

Date of Injury _____

Date of Concussion Diagnosis: _____