



Return to Play Form

Student Name (please print)

House

Grade

Sport

Team

Coach / Manager

Concussion history (to be filled in by the BSU)

Number of previous concussions (not including current injury) _____

Date of last previous concussion _____

Present suspected concussion

Date of suspected concussion _____

Date of most recent post-injury test _____

_____ has passed his post-injury ImpACT test on _____.

He is still symptomatic / not reporting any symptoms.

The athlete is following the school's Return to Play protocol (see reverse side)

Signed: _____ Date _____

This is to certify that _____ has been assessed by a medical doctor and has been cleared to progress to full contact practice (Stage 5 of the Return to Play protocol).

Name of treating doctor _____

Signature _____

Date _____

Contact number: _____

Return to Play Protocol

Stage	Rehabilitation	Objective	Exercise allowed
1	Minimum age-appropriate rest period	Recovery	Complete body and brain rest without symptoms
2	Light aerobic exercise	Increase heart rate	<p>Light jogging for 10-15 mins.</p> <p>Swimming / stationary cycling at low-moderate intensity.</p> <p>No resistance training</p> <p>Symptom free during full 24 hour period.</p>
3	Sports-specific exercise	Add movement	<p>Running drills.</p> <p>No head impact activities.</p>
4	Non-contact training drills	Exercise, co-ordination and cognitive load	<p>Progression to more complex training drills eg. Passing drills</p> <p>May start progressive resistance training.</p> <p>Player MUST be medically cleared at the end of this stage before going to full contact training i.e. Stage 5.</p>
5	Full contact practice	Restore confidence and assess functional skills by coaching staff	<p>Normal rugby training activities.</p> <p>If player remains sign- and symptom free for the full 24 hours, they may move onto Stage 6.</p>
6	Return to Play	Full recovery	Player rehabilitated and may progressively be re-integrated into full match play
Source: <i>Concussion Management</i> (Dr Leigh Gordon, Cape Sports Med, March 2016)			