

Rensselaer City School District
Concussion Management Return to Play Protocol

Student Name: _____

Today's Date: _____

Clearance Note Received from MD: _____

Date of Concussion: _____

Once symptom-free for 24 hours and cleared by MD or designee, the following steps must be taken:
There must be 24 hours between each step.

Return to Play Protocol

Date Completed

DAY 1 Low-impact, non-strenuous, light aerobic activity.

DAY 2 Sport specific exercise. Non-contact activity. Low resistance weight training with a spotter.

DAY 3 Non-contact drills. Higher resistance weight training with a spotter.

(Contact Health Office once Day 3 is complete. Medical Designee signature required.)

DAY 4 Full contact training drills and intense aerobic activity.

DAY 5 Return to full activities.

The above student has completed the return to play protocol and is currently symptom-free. The student can return to full participation, but will continue to be monitored for a return of symptoms.

Designee Signature

Date

School Nurse Signature

Date

Staff/Faculty Member completing steps with student

Date