



# Post Head Injury/Concussion Initial Return to Participation

(Page 1 of 2)

This form is to be completed by an appropriate health care provider (AHCP) trained in the latest concussion evaluation and management protocols as defined in FHSA policy 40.2 for any student-athlete that has sustained a concussion and must be kept on file at the student-athlete's school. The choice of AHCP remains the decision of the parent/guardian or responsible party of the student-athlete.

Athlete Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Injury Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Sport: \_\_\_\_\_ School: \_\_\_\_\_ Level (Varsity, JV, etc.): \_\_\_\_\_

I (treating physician) certify that the above listed athlete has been evaluated for a concussive head injury, and currently is/has:  
**(All Boxes MUST be checked before proceeding)**

Asymptomatic  Normal neurological exam

Off medications related to this concussion  Returned to normal classroom activity

.....

Yes *or*  N/A      Neuropsychological testing (as available) has returned to baseline

**The athlete named above is cleared to begin a graded return to play protocol (outline below) under the supervision of an athletic trainer, coach or other health care professional as of the date indicated below. If the athlete experiences a return of any of his/her concussion symptoms while attempting a graded return to play, the athlete is instructed to stop play immediately and notify a parent, licensed athletic trainer or coach.**

Physician Name: \_\_\_\_\_ Signature/Degree: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Today's Date: \_\_\_\_\_

## Graded Return to Play Protocol

Each step, beginning with step 2, should take at least 24 hours to complete. If the athlete experiences a return of any concussion symptoms they must immediately stop activity, wait at least 24 hours or until asymptomatic, and drop back to the previous asymptomatic level. This protocol must be performed under supervision, please initial and date the box next to each completed step

Once the athlete has completed full practice i.e. stage 5, please sign and date below and return this form to the athlete's physician (MD/DO) for review and request the physician complete the return to competition form for the athlete to resume full activity.

Rehabilitation stage	Functional exercise at each stage	Objective	Date completed	Initials
<b>1. No Activity</b>	Rest; physical and cognitive	Recovery	Noted above	Signed above
<b>2. Light aerobic exercise</b>	Walking, swimming, stationary bike, HR<70% maximum; no weight training	Increased heart rate		
<b>3. Sport-specific exercise</b>	Non-contact drills	Add movement		
<b>4. Non-contact training</b>	Complex (non-contact) drills/practice	Exercise, coordination and cognitive load		
<b>5. Full contact practice</b>	Full contact practice	Restore confidence and simulate game situations		
<b>6. Return to full activity</b>	Return to competition	<b>After completion of the steps above; Form AT18, Page 2 must be completed by physician</b>		

*I attest the above named athlete has completed the graded return to play protocol as dated above.*

Athletic Trainer / Coach Name: \_\_\_\_\_ AT License Number: \_\_\_\_\_ Phone: \_\_\_\_\_

(If coach) AD/Principal Name: \_\_\_\_\_ School: \_\_\_\_\_ Phone: \_\_\_\_\_

Athletic Trainer / Coach Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

<b>Physician Reviewed:</b> _____
-------------------------------------



Florida High School Athletic Association

# Post Head Injury/Concussion Initial Return to Participation

(Page 2 of 2)

This form is to be completed by an appropriate health care provider (AHCP) trained in the latest concussion evaluation and management protocols as defined in FHSAA policy 40.2 for any student-athlete that has sustained a concussion and must be kept on file at the student-athlete's school.

The choice of AHCP remains the decision of the parent/guardian or responsible party of the student-athlete. Completion of this form in itself does not guarantee playing time for the athlete.

## Return to Competition Affidavit

Student-Athlete's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Injury Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Formal Diagnosis: \_\_\_\_\_

School: \_\_\_\_\_

Sport: \_\_\_\_\_

I certify that I have reviewed the signed graded return to activity protocol provided to me on behalf of the athlete named above.

This athlete is cleared for a complete return to **full-contact physical activity** as of \_\_\_\_/\_\_\_\_/\_\_\_\_.

**This student-athlete is instructed to stop play immediately and notify a parent, licensed athletic trainer or coach and to refrain from activity should his/her symptoms return.**

Physician Name: \_\_\_\_\_

Physician Signature: \_\_\_\_\_ License No.: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_