

Concussions Return to Play (RTP) Protocol

California State Law AB 2117, which applies to the California Interscholastic Federation, states that to 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. Since the State of California, in implementing AB 2007 (Concussion Law), has including softball organizations outside of the CIF, the following protocol should be followed before an athlete returns to full competition after suffering a concussion.

Instructions:

- This is an example of a graduated return to play protocol that MUST be completed before you can return to full competition.
 - A certified athletic trainer (AT), physician, or identified concussion monitor (e.g., coach) must initial each stage after you successfully pass it.
 - You should be back to normal 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 return at any stage in the progression, IMMEDIATELY STOP any physical activity and follow up with your AT, other identified monitor or your physician. In general, if you are symptoms-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 anytime 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 of 6 days to pass Stage I and II.</u>				
Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
	I	No physical activity for at least 2 full symptoms-free days	No activities requiring exertion (weight Lifting, jogging)	Recovery and elimination of symptoms
	II-A	Light aerobic activity	10-15 minutes (min) of walking or stationary biking. Must be performed under direct supervision by designated individual	Increase heart rate to no more than 50% of perceived maximum (max) exertion (e.g., <100 beats per min (bpm)) Monitor for symptom return
	II-B	Moderate aerobic activity (Light resistance training)	20-30 min jogging or stationary biking Body weight exercises (squads, push-ups), max 1 set of 10, no more than 10 min total	Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) Monitor for symptom return
	II-C	Strenuous aerobic activity (Moderate resistance activity)	30-45 min running or stationary biking Weight lifting ≤ 50% of max weight	Increase heart rate to > 75% max exertion Monitor for symptom return
	II-D	Non-contact training with drills (No restrictions for weightlifting)	Non-contact drills, sport activities (cutting, jumping, sprinting)	Add total body movement Monitor for symptom return
Prior to beginning Stage III, 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 league/team concussion monitor.				
	III	Limited practice	Controlled practice drills allowed	Increase training drills Restore confidence, assess readiness for return to play Monitor for symptom return
		Full unrestricted practice	Return to normal training Return to normal unrestricted training	
MANDATORY: You must complete at least ONE unrestricted practice before return to competition.				
	IV	Return to Play (competition)	Normal game play (competitive event)	Return to full sports activity without restrictions

Athlete's Name: _____ **Date of Concussion Diagnosis:** _____