

Athlete's Name: _____

Date of Injury: _____

North East ISD Athletics-Return to Participation from Concussion High School Progression of Activity

Phase 1

The student-athlete may not participate in any type of physical activity until symptom free for at least 24 hours. In addition, the student-athlete may not advance past non-contact activity until successfully completing at least one full day of academics, following UIL Academic Eligibility Rules, without modification not already established in an IEP.

The student-athlete is to submit a written statement from a physician indicating that participation may be resumed using the "NEISD Return to Participation from Concussion – Medical Provider Statement" whenever possible.

The student-athlete and parent/guardian are to submit the required documentation (UIL Concussion Management Protocol Return to Play Form and Medical Provider Statement).

Date: _____ **Student Signature:** _____ **Athletic Staff:** _____

Progress continues at 24-hour intervals as long as student-athlete is symptom free at each level.

If the student-athlete is not able to complete a phase or experiences any post-concussion symptoms during the activity progression, activity is discontinued. After 24 hours of rest, the student-athlete will drop back to the previous asymptomatic level and try the phase again. If symptoms continue during the second, or additional, progression(s), then activity is discontinued and the treating physician must be contacted for further written instructions.

Phase 2

When the student-athlete completes Phase 1, they may begin light aerobic exercise such as 5 – 10 minutes on an exercise bike, or light jog but no weight lifting, resistance training, or any other exercise.

After the activity in this phase, does the athlete:

Have a headache? Y or N Feel dizzy? Y or N Have double vision? Y or N Nauseous? Y or N Know the day of the week? Y or N

Date: _____ **Student Signature:** _____ **Athletic Staff:** _____

Phase 3

When the student-athlete completes phase 2, they may begin moderate aerobic exercise such as 15 to 20 minutes of running at moderate intensity in the gym; on the field; or venue without equipment.

After the activity in this phase, does the athlete:

Have a headache? Y or N Feel dizzy? Y or N Have double vision? Y or N Nauseous? Y or N Know the day of the week? Y or N

Date: _____ **Student Signature:** _____ **Athletic Staff:** _____

Phase 4

The student-athlete may begin weight lifting, resistance training, and non-contact training drills in full uniform.

After the activity in this phase, does the athlete:

Have a headache? Y or N Feel dizzy? Y or N Have double vision? Y or N Nauseous? Y or N Know the day of the week? Y or N

Date: _____ **Student Signature:** _____ **Athletic Staff:** _____

Phase 5

The student-athlete may participate in full contact practice or training but not games.

After the activity in this phase, does the athlete:

Have a headache? Y or N Feel dizzy? Y or N Have double vision? Y or N Nauseous? Y or N Know the day of the week? Y or N

Date: _____ **Student Signature:** _____ **Athletic Staff:** _____

Phase 6

The student-athlete may participate fully.

After the activity in this phase, does the athlete:

Have a headache? Y or N Feel dizzy? Y or N Have double vision? Y or N Nauseous? Y or N Know the day of the week? Y or N

Date: _____ **Student Signature:** _____ **Athletic Staff:** _____

Subsequent concussion: Any subsequent concussion will require the student to repeat the "NEISD Return to Participation from Concussion-Progression of Activity" before any participation in practices, games or matches. Due to the cumulative effects of subsequent concussions, the student's ability to recover may be longer.

For School Use Only:

Sport Sustained - _____ *RTP Protocol Completed -* _____ *Inputted by -* _____
Inputted in ConTex - _____ *Follow Up in ConTex:* _____