

Players:	DOB:
Head Coach:	Team:
Removed from play by:	
Date removed:	
Report Written by trainer:	Yes <input type="checkbox"/> No <input type="checkbox"/>



Crofton Football Club
established 1968

Croftons Footballs Clubs Return to Play Protocol After Being Removed From Play

1) Medical Doctor clears for play, no signs/symptoms of concussion and player is fully cleared to return to 100% contact activity. (Player doesn't resume activity regardless of doctors note until that clearance is filed with me), even with a "mild stinger" and full clearance I would highly suggest enacting protocol.

2) Medical Doctor clears for play, no signs/symptoms of concussion and player is fully cleared to return to 100% contact activity. (Player doesn't resume activity regardless of doctors note until that clearance is filed with me) **BUT** your coach has the option of initiating the 6 day or any part of the below protocol. In that event I 110% fully and unconditionally back the coaches decision and will not over turn it regardless of your argument.

If player falls into category 3 the coach MUST follow the 6 stage process

3) Medical Doctor diagnoses with concussion of any level. You will have ZERO participation in line with the amount of time the doctor dictates no activity. Player initiates the 6 step process after clearance from Doctor (Player doesn't initiate activity regardless of doctors note until that clearance is filed with me)

DISCLAIMER: At any point during the process, the coach can elect to initial the following based on player observations

- 1) Return the player back to an previous stage
- 2) Request the player see the medical trainer or be re-evaluated by a doctor due to observed symptoms.

Stage 1:	<u>(NO PADS - NO CONTACT)</u> , LIGHT AEROBIC ACTIVITY: Begin stage 1, when the player has provided the CFC with clearance for activity from a Medical Doctor
Example Activity:	Player can run warm up laps with the team at a moderate pace (take into account the temp at the time of activity) with frequent water breaks, no activity aerobic activity should last more than 2-3 minutes and no more that 10 min may pass without a water break (in excessive heat this time duration should be 5 minutes.)
DURING STAGE 1 AND 2 THERE WILL BE NO FOOTBALL SPECIFIC ACTIVITY UNDER ANY CIRCUMSTANCES. ALSO ANY ACTIVITY THAT CREATED A POTENTIAL FOR CONTACT WITH ANOTHER PLAYER IS PROHIBITED.	
Coaches Notes:	
Date Complete:	Coach Signature:
Stage2:	<u>(NO PADS - NO CONTACT)</u> , HEAVY AEROBIC AND STRENGTH ACTIVITY: Begin stage 2 when: a minimum of 24 hours have passed since player began stage 1 AND he has not experienced any return of symptoms in the previous 24 hours. Any return of concussion symptoms with result in the player being removed from activity and the process starts over.
Example Activity:	Player can participate in warm up exercises to include aerobic activity and non-weighted resistance strength activity ex. Pushups, Leg Lifts, Lunges, non-weighted squats.
DURING STAGE 1 AND 2 THERE WILL BE NO FOOTBALL SPECIFIC ACTIVITY UNDER ANY CIRCUMSTANCES. ALSO ANY ACTIVITY THAT CREATED A POTENTIAL FOR CONTACT WITH ANOTHER PLAYER IS PROHIBITED.	
Coaches Notes:	
Date Complete:	Coach Signature:

Stage 3:	(NO PADS - NO CONTACT) FUNCTIONAL, INDIVIDUAL, SPORT SPECIFIC DRILLS <u>WITHOUT RISK OF CONTACT</u>: Begin stage 3 when: a minimum of 24 hours have passed since player began stage 2 AND he has not experienced any return of symptoms in the previous 24 hours. Any return of concussion symptoms with result in the player being removed from activity and the process starts over again.
Example Activity:	Player can participate in warm up exercises to include aerobic activity and non-weighted resistance strength activity ex. Pushups, Leg Lifts, Lunges, non-weighted squats AND sport specific drills that do not create a risk of contact with another player. For example, coming out of 3 or 4 pt stances, running specific routes or O-Line drills, D-Line drills, Gassers, Sprint Drills...etc.
DURING STAGE 3 ACTIVITY THAT CREATES A POTENTIAL FOR CONTACT WITH ANOTHER PLAYER IS PROHIBITED. <i>This is the first practice back that the player is really going to exert himself parents should be extra diligent with monitoring for post practice symptoms. Ensure the player is fully hydrated AFTER practice and the next morning.</i>	
Coaches Notes:	
Date Complete:	Coach Signature:
Stage 4:	(HELMET & PADS - NO CONTACT): Begin stage 4 when: a minimum of 24 hours have passed since player began stage 3 AND he has not experienced any return of symptoms in the previous 24 hours. Any return of concussion symptoms with result in the player being removed from activity and the process starts over again.
Example Activity:	a) Full NON-CONTACT participation b) Player can participate in warm up exercises to include aerobic activity and non-weighted resistance strength activity ex. Pushups, Leg Lifts, Lunges, non-weighted squats. c) Player can participate in sport specific drills that do not create a risk of contact with another player. For example, coming out of 3 or 4 pt stances, running specific routes or O-Line drills, D-Line drills, Gassers, Sprint Drills...etc.
DURING STAGE 5 THE PLAYER IS PROHIBITED FROM ACTIVITY THAT INVOLVES A SLED OR "JARRING" MOTIONS. THE PLAYER ALSO WILL NOT BE INVOLVED IN A DRILL THAT CREATES A POTENTIAL FOR CONTACT WITH ANOTHER PLAYER IS PROHIBITED. <i>This is the first practice back that the players neck is going to have to hold up a helmet and support the weight of pads while exerting himself. Again, parents should be extra diligent with monitoring for post practice symptoms. Ensure the player is fully hydrated AFTER practice and the next morning</i>	
Coaches Notes:	
Date Complete:	Coach Signature:
Stage 5:	(HELMET & PADS - FULL CONTACT PRACTICES): Begin stage 6 when: a minimum of 24 hours have passed since player began stage 5 AND he has not experienced any return of symptoms in the previous 24 hours. Any return of concussion symptoms with result in the player being removed from activity and the process starts over again.
Example Activity:	Unrestricted participation in practice and games. The importance of monitoring the player at this stage for any post practice/game symptoms can not be stressed enough. Ensure the player is fully hydrated AFTER practice and the next morning.
Coaches Notes:	
Date Complete:	Coach Signature:

Player will not return to games prior to the above being completed and the following paperwork filed with the commissioner: Medical Trainer Report, Doctors clearance letter and return to play authorization, and The 5 step process form completed and signed by the players head coach

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC website (www.cdc.gov/injury). All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury.