

2019 OCYF RETURN TO PLAY GUIDLINES

PLEASE HAVE PARENT/HEAD COACH INITIAL EACH STEP UPON COMPLETION. AT STEP 5, PLEASE RETURN THIS FORM AND RELEASE FROM DOCTOR TO OCYF SAFETY DIRECTOR STATING THAT PLAYER CAN RETURN TO PLAY.

WI State Law Act 172, Midwest Orthopedic Specialty Hospital and OCYF require medical clearance by a Credentialed Health Care Provider trained in concussion management before an individual can return to play. Midwest Orthopedic Specialty Hospital and OCYF also require an individual complete a Gradual Return to Play Progression (as outlined below) before the individual may return to play. This is a standard of care for concussions and other head injuries in the medical field.

STEP 1: NO ACTIVITY, ONLY COMPLETE REST. Limit school, work and tasks requiring concentration.



Returning to play before an individual is sign and symptom free can result in Post-Concussive Syndrome, 2nd Impact Syndrome, or possibly Death. Returning too soon from a concussion can also leave an individual more susceptible to further concussions. Please make sure the return to play progression is performed under the direction of a medical provider trained in concussion management.

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Refrain from physical activity until symptoms are gone. (***Once symptoms are gone, a physician, preferably one with experience managing concussions, should be consulted before beginning return to play process. If diagnosed with a concussion, these steps are to be followed once a medical release is obtained by the OCYF Safety Director.***)

STEP 2:

LIGHT AEROBIC EXERCISE. Activities such as walking, stationary cycling or jogging for 15-30 minutes. The player should be supervised by someone who can help monitor for symptoms and



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signs. No resistance training or weight lifting. The duration and intensity of these exercises can be gradually increased over time if no symptoms or signs return during the exercise or the next day.

Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician. Return to Step 1.

No Symptoms? Proceed to **Step 3** the next day.

STEP 3: SPORT SPECIFIC ACTIVITIES. Activities such as throwing or sport specific activities involving



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cones can begin at step 3. Limit activity for 45-60 minutes. There should be no body contact or other jarring motions such as high-speed stops.

Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician. Return to Step 1.

No Symptoms? Proceed to **Step 4** the next day.

STEP 4: BEGIN DRILLS WITHOUT BODY CONTACT. (IN UNIFORM) Ok to begin lifting weight.



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Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician. Return to Step 1.

No Symptoms? The time needed to progress from non-contact exercise will vary with the severity of the concussion and with the player. **Proceed to Step 5 only after medical clearance.**

STEP 5: BEGIN DRILLS WITH BODY CONTACT. Full practice with contact. (Before player starts the practice, educate player on proper technique, mechanics, concussion signs and symptoms, and



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what to do if signs and symptoms come back.

Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician. Return to Step 1. **No Symptoms?** Proceed to **Step 6** the next day.

STEP 6: RETURN TO GAME PLAY.

Returning to play before an individual is sign and symptom free can result in Post-Concussive Syndrome, 2nd Impact Syndrome, or possibly Death. Returning too soon from a concussion can also leave an individual more susceptible to further concussions. Please make sure the return to play progression is performed under the direction of a medical provider trained in concussion management.