

SEATTLE UNITED



Concussion Clearance-Return to Play Form

Player Name: _____

Team Name: _____

Date of Injury: _____

Date of Clearance: _____

Name of Parent: _____

Phone: _____

Note:

- According to the Washington State Zackery Lystedt Law, a youth athlete who has been removed from play for a head injury or suspected concussion must receive written clearance from a licensed health care provider trained in the evaluation and management of concussion prior to returning to play.
- Athletes are not allowed to return to practice or play the same day that their head injury occurred, unless diagnosed as NOT having sustained a concussion.
- Athletes should never return to play or practice if they still have ANY symptoms.
- Before returning to play after being diagnosed with a concussion, athletes should have:
 - All signs and symptoms resolved
 - Returned to all school activities (i.e. return to learn)
 - Completed a multi-day graduated activity progression similar or equivalent to the protocol on the following page

To be completed by the Health Care Provider:

Please choose and initial:

_____ Athlete has been evaluated and determined as NOT having sustained a concussion and may return to play immediately

_____ Athlete is fully symptom free, has returned to all school activities without difficulty, has completed a graduated activity progression without return of symptoms, and may return to practice and team activities with no restrictions

_____ Athlete is cleared to return to practice and team activities with no restrictions as of _____ (date) provided she/he has returned to all school activities without difficulty, and has completed a graduated activity progression without return of symptoms

Provider Name (please print): _____ MD, DO, PA, ARNP, ATC (circle one)

Signature: _____

Date: _____

Office Address: _____

Phone: _____

Return completed form with signature to athlete's coach.

(Coaches: Scan or send picture of completed form to kristin@seattleunited.com and save for your records)

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Multi-Day Graduated Activity Progression

Note: Athlete should not enter the progression until they are symptom free for 24 hours. In general, 24 hours is recommended between stages. If symptoms recur with exercise, the athlete should rest one day and then return to the last stage completed without symptoms.

Stage 1: Light aerobic activity

Stage 2: Individual sport-specific training

Stage 3: Moderate to intense sport-specific and aerobic training

-----**Coach receives completed & signed *Concussion Clearance- Return to Play Form***-----

Stage 4: Return to practice

Stage 5: Return to competition

*If athlete is having recurrent symptoms and unable to complete the return to play protocol, follow up with a medical provider is recommended and required before returning to play.