

Tully Black Knights



*Tully Central School District
20 State Street
Tully, NY 13159*

Return to Play

(To be filled out by Coach, Athletic Trainer, Teacher or Nurse)

Name: _____

Date of Medical Professional Clearance: _____
(Begins the RTP Protocol)

Return to Play Protocol:

Day 1: No exertion activity until medically cleared and asymptomatic for 24 hours.

Day 2: Begin low-impact activity such as walking, stationary bike, etc.

Day 3: Initiate aerobic activity fundamental to specific sport such as skating, running, etc.

Day 4: Begin non-contact skill drills specific to sport such as dribbling, ground balls, batting, etc.

Day 5: Full contact in practice setting.

If the athlete/student remains without symptoms until the end of Day 5, he or she may return to play.

If a symptom returns, the athlete/student must drop back to the previous asymptomatic level after a consultation with athletic trainer and/or school nurse and parent. If the symptom persists he or she must get another medical clearance before restarting the Return to Play protocol.

**** Please fill out the questions on back of this sheet****

Concussion Administrative Procedures & Guidelines – Return to Play

