

Concussion Return to Play Protocol

All Cap City players will be required to follow the “Concussion Return to Play Protocol” listed below. If a player is deemed to have suffered a concussion we ask that you see your family doctor and then follow up with MSU Sports Medicine.

Concussion Return to Play Protocol

1. The athlete must first be symptom free for 24 hours. Symptoms are defined below. The athlete will self-report when they are symptom free.

Concussion Symptoms

- I have trouble paying attention
- I get distracted easily
- I have a hard time concentrating
- I have problems remembering what people tell me
- I have problems following directions
- I daydream too much
- I get confused
- I forget things
- I have problem finishing things
- I have trouble figuring things out
- It’s hard for me to learn new things
- I have headaches
- I feel dizzy
- I feel like the room is spinning
- I feel like I am going to faint
- Things are blurry when I look at them
- I see double
- I feel sick to my stomach
- I get tired a lot

2. Once they are symptom free for 24 hours the athlete will return to MSU sports medicine to retake their ImpACT test. Players must pass the ImpACT test per MSU sports medicine discretion and receive physician clearance to return to play
3. The return to play progression consists of 5 days of supervised activity. The athlete will progress through each day. If symptoms occur, then activity is discontinued and the athlete must be symptom free for 24 hours before progression can resume. Progression starts from the last day that was completed without symptom. MSU sports medicine or treating physician may slow a players progression if they deem it unsafe for the athlete to compete.

Day 1- light exertion

- Biking or walking for 5-10 minutes

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Day 2- moderate exertion

- 10 minutes of moderate biking or jogging
- Walking lunges 1 minute x 3
- Squats 1 minute x 3
- Juggling for 10 minutes at a high pace
- Dribbling for 5 minutes at a jog

Day 3- heavy exertion/ non-contact/ sport specific

- Bike sprints 10 minutes with one minute hard 30 seconds off
- Crunches 15 x 3
- Squats 20 x 3
- Plank 45 seconds x 3
- 40 yard sprint x 3
- Bounding for 60 yards x 3
- Ladder work for 5 minutes

Day 4- non-contact practice

- The athlete is to participate in all practice drills but may not participate in any contact with other players
- High intensity sport specific drills at coaches discretion when contract drills are being run

Day 5- full contact practice

- Athlete competes in full contact practice while symptoms are monitored

Day 6- full competition

- End goal of return to play with the athletes status being monitored throughout

Additional return to play guidelines

Hydration- athletes need to maintain appropriate hydration while recovering

Screen time- athletes should limit the time they spend looking at screens such as T.V., computers, cell phones, and I-pods

Nutrition- The athlete should maintain a healthy diet while recovering making sure to get appropriate caloric intake while not over eating

Physical Activity- It is important to remember that an athletes must try to limit physical activity outside of practice as well as during practice to allow the brain time to adequately heal