SPRATTON HALL

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Care Plan for Return to Play after Concussion

Pupil's Name:

Date concussion sustained: _____

Stage	Focus	Description of activity	Comments	Date completed
1	Relative rest period (24-48hrs)	Take it easy for the first 24-48hrs after suspected concussion. Minimise any activities to 10-15mim slots. You may walk, read and do some daily activities provided your concussion symptoms do not increase. Screen time should be kept to an absolute minimum.	Concussion day is Day 0	
2	Return to normal daily activities outside of school. Physical Activity (e.g., week 1)	Increase mental activities – reading, TV, games and screen use. Gradually increase schoolwork. Advancing the volume of mental activities can occur as long as they do not increase your symptoms more than mildly. After rest period, gradually increase light daily physical activities. For example, moving around the house, short walks and simple chores. Rest if symptoms increase.	There may be some mild symptoms with activity, which is ok. If they become more than mildly exacerbated by any activity in Stage 2, rest until they subside.	
3	Increasing tolerance for thinking activities. Light aerobic exercise (e.g., weeks 1or 2)	Once normal level of daily activities can be tolerated, increase the amount of schoolwork, reading, etc. to 20-30minute blocks with rests afterwards. Discuss with school if a phased return is needed. Walking or stationary cycling for 10-15minutes. Increase according to tolerance. If symptoms increase, or new symptoms occur, stop and briefly rest. Resume at reduced level until able to tolerate without more than mild symptoms. Brisk walks and low intensity, body weight resistance training are fine but NO high intensity exercise.	Progressing too quickly through stages 3-5 whilst you have symptoms may slow recovery.	

4	Return to study and work. Non-contact training (e.g., during week 2). No earlier than Day 8.	May need to consider a phased return to school. Only start training activities in sport once NOT experiencing symptoms. Avoid any activities involving head impacts or where there may be a risk of head injury. Increase the intensity of exercise and resistance training.	Progressing too quickly through stages 3-5 whilst you have symptoms may slow recovery.	
5	Return to full academic activity. Unrestricted training activities (Not before week 3)	Normal school academic day. When free of symptoms from recent concussion for 14days, can consider commencing training activities involving head impacts or where there may be a risk of a head injury.	Not to return earlier than Day 15 and only if symptom free for 14days.	
6	Return to competition.	This stage should not be reached before day 21(minimum) as long as symptom free at rest for 14days and during pre-competition training of Stage 5	This means players will miss a minimum of 2 weeks with the potential to play on the 3rd weekend. If symptom free, will be able to start non-contact training in the 2nd week, with resistance training. Can only start activities involving or risk of a head injury in week 3 and only if symptom free for 14days.	

Date pupil cleared to play: _____

Healthcare Professional's Signature:
Date:

Head of Games Signature
Date: