

St. Aloysius Academy Athletics

Return To Play

Information for Student and Parent

Returning to Daily Activities

1. Get lots of rest. Be sure to get enough sleep at night- no late nights. Keep the same bedtime weekdays and weekends.
2. Take daytime naps or rest breaks when you feel tired or fatigued.
3. **Limit physical activity as well as activities that require a lot of thinking or concentration. These activities can make symptoms worse.**
 - Physical activity includes PE, sports practices, weight-training, running, exercising, heavy lifting, etc.
 - Thinking and concentration activities (e.g., homework, classwork load, other school-related activity).
4. Drink lots of fluids and eat carbohydrates or protein to maintain appropriate blood sugar levels.
5. **As symptoms decrease, you may begin to gradually return to your daily activities. If symptoms worsen or return, lessen your activities, then try again to increase your activities gradually.**
6. During recovery, it is normal to feel frustrated and sad when you do not feel right and you can't be as active as usual.
7. Repeated evaluation of your symptoms is recommended to help guide recovery.

Returning to Sports

1. **You should NEVER return to play if you still have ANY symptoms** – (Be sure that you do not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration.)
2. Be sure that the PE teacher, coach, school nurse and your principal and teachers are aware of your injury and symptoms.
3. It is normal to feel frustrated, sad and even angry because you cannot return to sports right away. With any injury, a full recovery will reduce the chances of getting hurt again. It is better to miss one or two games than the whole season.

Gradual Return to Play Plan

1. No physical activity
2. Low levels of physical activity (i.e., *symptoms do not come back during or after the activity*). This includes walking, light jogging, light stationary biking, light weightlifting (lower weight, higher reps, no bench, no squat).
3. Moderate levels of physical activity with body/head movement.
4. Heavy non-contact physical activity.
5. Full contact in controlled drill or practice.
6. Full contact in game play.

Note: Adapted from Acute Concussion Evaluation (ACE) Care Plan

www.cdc.gov/concussion/headsup

St. Aloysius Academy Athletics Return To Play Form
To Be Completed by the Student's Health Care Provider

Student _____ Date of Birth _____

Date of Injury _____

Date of Evaluation _____

Student is to:

Date of return to this Office: _____

Date of return to School: _____

The following are recommended at the present time:

___ Do not return to PE class at this time

___ Return to PE class

___ **Do not return to sports practices/games at this time.**

___ **Gradual** return to sports practices under the supervision of an appropriate health care provider.

• Return to play should occur in gradual steps beginning with aerobic exercise only to increase your heart rate (e.g., stationary cycle); moving to increasing your heart rate with movement (e.g., running); then adding controlled contact if appropriate; and finally return to sports competition.

• Pay careful attention to your symptoms and your thinking and concentration skills at each stage of activity. Move to the next level of activity only if you do not experience any symptoms at the each level. If your symptoms return, stop these activities and let your health care professional know. Once you have not experienced symptoms for a minimum of 24 hours and you receive permission from your health care professional, you should start again at the previous step of the return to play plan.

___ **CLEARED** for full participation in all activities without restrictions

___ **Other (Please outline Care Plan for Student's Return to Sports)**

Student's Health Care Provider Completing this form:

Provider's Name _____ Office Phone: _____

Office Address: _____

Provider's Signature _____