

Concussion Notification and Return to Play

Use this page for any blow to the head or body that leaves an athlete dazed, confused, unsteady, nauseated, or “not right”, whether or not they lost consciousness. When in doubt, sit them out. The athlete does not return to training until a physician clears them, and returns in steps.

1. Notification (coach fills in, same day)

Athlete: _____ Date and
time: _____

What

happened: _____

Signs seen (tick): ☐ dazed or confused ☐ headache ☐ dizziness or balance ☐ nausea ☐ vision or light
sensitivity ☐ slow to answer ☐ memory gaps ☐ loss of consciousness ☐ other: _____

Action taken: ☐ removed from activity immediately ☐ parent or guardian called at _____ ☐ sent to
physician or emergency ☐ emergency services called

Coach: _____ Signature: _____ Parent
notified by: _____

2. Physician assessment

Seen by: _____ Date: _____ Diagnosis: ☐
concussion ☐ no concussion

Physician's instructions: _____

3. Return to play, in steps, each at least 24 hours, back one step if symptoms return

Step	What	Date started	Symptom free
1	Daily activities at home and school, no training	_____	☐
2	Light aerobic activity (skipping, shadow boxing)	_____	☐
3	Sport-specific drills, no contact (bag, mitts)	_____	☐
4	Non-contact training with the group	_____	☐
5	Physician's written clearance received	_____	☐
6	Full training, then sparring only after clearance	_____	☐

Physician clearance to return to contact: _____

Date: _____

Coach confirming full return: _____ Date: _____

Copy to the Secretary for the athlete's file. A second concussion in a season means a longer stand-down and the physician decides everything.