

RECOMMENDATIONS

DATE

TIME

No Restrictions as of \_\_\_\_\_

No Practice or play until \_\_\_\_\_

Light Running only – no contact \_\_\_\_\_

Regular practice no contact \_\_\_\_\_

CONCUSSION PROTOCOLS (Required for all Head Concussions)

DATE

TIME

**NOTE: Each step below must be 24 hours apart**

1. Cleared for Stress Test \_\_\_\_\_

2. Cleared for Sport Specific Conditioning \_\_\_\_\_

3. Cleared for Light Practice \_\_\_\_\_

4. Cleared for Full Practice \_\_\_\_\_

5. Cleared for Full Competition \_\_\_\_\_

Meeting at the \_\_\_\_\_