

**MEDICAL RELEASE FOR RETURN TO ATHLETIC PARTICIPATION WITH
IOWA CITY KICKERS SOCCER CLUB FOLLOWING A CONCUSSION**

This release is to certify that _____ has been examined
(Athlete's name)
due to exhibiting the signs, symptoms, and behaviors consistent with a concussion/brain injury.
Following an examination, it is my medical opinion that he/she:

Is unable to return to participation until further notice.
Return appointment scheduled on: _____
(date)

May return to limited participation on: _____
(Restrictions are noted below) (date)

Following return to limited participation this athlete needs to return for re-evaluation before being released for full participation.

May return to full participation on: _____
(date)

Restrictions: _____

Health Care Provider's Name (Print) Date

Health Care Provider's Signature Phone Number

Parent's or Guardian's Permission and Release

I hereby give my consent for my son/daughter to return to participation following his/her concussion as per the instructions detailed above.

Parent's or Guardian's Signature Date

FOR RETURN TO PARTICIPATION PROTOCOL FOLLOWING A CONCUSSION

Return to participation following a concussion is a medical decision made on an individual basis by licensed health care providers. Medical experts in concussion believe a concussed athlete should meet ALL of the following criteria in order to progress to return in participation. However, these criteria are GUIDELINES ONLY when licensed health care providers determine an athlete's return.

Asymptomatic at rest, and with exertion (including mental exertion in school), AND have written clearance from physician, physician's assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist or licensed athletic trainer.

Once the criteria above are met, **the student should progress back to full activity following the stepwise process detailed below.** A licensed health care provider, or their designee, should closely supervise this progression.

Progression to return is individualized and should be determined on a case-by-case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age, and sport/activity in which the student participates. Soccer is a contact sport. A student with a history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may progress more slowly as determined by the health care provider.

Step 1. Complete physical and cognitive test. No exertional activity until asymptomatic. This may include staying home from school or limiting school hours and studying for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2. Return to school full-time with normal cognitive daily activities or functions.

Step 3. Low impact/light aerobic exercise. This step should not begin until the student is no longer having symptoms and is cleared by the treating health care provider. At this point, the student may begin brisk walking, light jogging, swimming or riding an exercise bike at less than 70% max heart rate.

Step 4. Basic exercise such as running on the field.

Step 5. Non-contact, sport-specific training drills (dribbling, ball handling)

Step 6. Following medical clearance, full contact practice or training.

Step 7. Normal competition in a game.

Generally each step should take a minimum of 24 hours. If post-concussion symptoms occur at any step the student must stop the activity and their health care provider should be contacted. If any symptoms occurring during this process, the student should drop back to the previous asymptomatic level and begin the progress again after an additional 24-hour period of rest has taken place.

References: "Suggested Guidelines for Management of Concussion in Sports," NFHS Sports Medicine Advisory Committee 2009; "Consensus Statement on Concussion in Sport 3rd International Conference in Sport Held in Zurich, November 2008," Clinical Journal of Sports Medicine, Volume 19 Number 3, May 2009. Iowa High School Athletic Association.