



TEXAS AMATEUR HOCKEY

Concussion Return Protocol

Introduction

Effective with the start of the 2016/17 season TAHA has implemented the following protocol that **MUST** be followed before a concussed player can fully return to the team. This form is to be completed by the coaching staff for any concussed player documenting completion of each Stage of the return process.

TAHA ORGANIZATION: _____

PLAYER NAME: _____ PLAYER AGE: _____

PLAYER TEAM: _____

COACH NAME: _____ DATE CONCUSSED: _____

Stage 1 - Upon medical diagnosis of a concussion – player must experience seven (7) days symptom free. Player may NOT move to Stage 2 until there have been seven continuous days' symptom free.

DATE COMPLETED: _____ COACH NAME: _____

Stage 2 – After seven days' symptom free – player may participate in light 15-minute workout off ice to include bike ride, sit ups, pushups, etc., with slight head movements. If the player experiences no symptoms on Day 1, the player can engage in slightly more strenuous activity on Day 2, to include moderate jogging, brief run or moderate intensity stationary bike.

DATE COMPLETED: _____ COACH NAME: _____

Stage 3 – after two symptom free days of activity – player may return to the ice for non-contact skating for 20-30 minutes on Day 3. Player should be checked every 5-10 minutes for potential symptoms during this session.

DATE COMPLETED: _____ COACH NAME: _____

Stage 4 – after three symptom free days of activity – player may return to the ice for full “skating only” practice without contact.

DATE COMPLETED: _____ COACH NAME: _____

Stage 5 – after four symptom free days of activity – player may return to full contact practice and games with Doctor's clearance. (This form along with a signed physician's release, must be submitted electronically once all Stages are complete via the following link: <https://tahahockey.sportngin.com/register/form/680477755>). For any questions, please contact: markrserve@gmail.com

NOTE: If at any time during the protocol the player experiences any concussion symptom, the player MUST return to Stage 1 and again go seven (7) symptom free days before advancing to Stage 2.