



Post-Concussion: Return to Play Progress Questionnaire

To be completed by non-medical personnel (e.g., coaches, PE teachers, health technicians, special-ed health technicians) to document a student's daily progress towards "Return to Play"

Student's Name: _____ Date: _____

School staff member completing form: _____ (name);
_____ (job title)

Today this student participated in the following level of activity (as defined on district or CIF "Return to Play" form): *check one*

- ☐ Stage 1 (Limited Physical Activity);
- ☐ Stage 2 (Light aerobic activity);
- ☐ Stage 3 (Moderate aerobic and/or light resistance training);
- ☐ Stage 4 (Strenuous aerobic activity and/or moderate resistance training)
- ☐ Stage 5 (Non-contact training; Sport-specific drills; *Need MD note and no symptoms to progress further than this step*)
- ☐ Stage 6 (Limited practice only for contact sports; Unrestricted practice for non-contact sports)
- ☐ Stage 7 (Full contact practice / Full unrestricted practice)
- ☐ Stage 8 (Competition/Full game play/No restrictions) *Note: need to have had one contact practice before entering this final stage of competition.*

After this activity, I inquired, and the student reported the following (check all that apply):

- ☐ Confusion or foggy feeling ☐ Nausea or vomiting ☐ Dizziness or seeing stars ☐ Ringing in ears
- ☐ Developed a headache ☐ Slurred speech ☐ Delayed response to questions ☐ Light sensitive
- ☐ Noise sensitive ☐ More fatigue than expected ☐ Irritability or personality change
- ☐ No symptoms at all

Were any of the above (checked) symptoms new? Or if not new, did the physical activity make it worse? ☐ Yes ☐ No

In responding to this, the student appeared to be truthful to me:

☐ Yes ☐ No or ☐ Unsure [Comment: _____]

Signature of staff member

Date

*Completed forms are to be shared with school nurse (and athletic trainer, if an athlete).
File form in the school site health office;*

The school nurse may share this information with physician who is co-managing the student's post-concussion, "Return to Play" plan.