



College of William and Mary
Campus Recreation
Concussion Medical Status Form
(For Non-Sport Club Participants)



Dear Licensed Healthcare Provider:

_____, a student at the College of William & Mary, was recently removed from a Campus Recreation extracurricular physical activity due to a suspected concussion on or about _____(Date). Pursuant to the William & Mary Campus Recreation program policy the student is prohibited from returning to play in any Campus Recreation extracurricular physical activity unless he or she is first released to complete a graduated return-to-play (RTP) protocol (see attachment). Once the graduated RTP has been completed, the healthcare provider may clear them for return to full activity.

I certify that:

I am a physician (i.e. MD, D.O., psychiatrist), or physician assistant, licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing; and I am aware of the current medical guidance on concussion evaluation and management, **AND (check all that apply):**

___The student **DID** sustain a concussion. ****If diagnosed with a concussion the student will need to complete the RTP protocol (attached). Students participating in extracurricular activity should be advised to follow the attached protocol under the direction of a licensed health care provider trained in concussion. Upon completion of the RTP protocol, please fill out the bottom half of this form for full clearance.**

___ The student **DID NOT** sustain a concussion.

Name of Licensed Healthcare Provider (Print)

(Signature)

Office Phone Number

Date

****Once the return to play is successfully completed, the second half of the form will be filled out by the licensed healthcare provider.****

RETURN TO PLAY (RTP)

I certify that:

I am a physician (i.e. MD, D.O., psychiatrist), physician assistant licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; a nurse practitioner licensed by the Virginia State Board of Nursing; or a physical therapist (PT) who has been provided with a clearance note from a physician allowing me supervise the RTP and clear the individual once the RTP has been completed; and I am aware of the current medical guidance on concussion evaluation and management, **AND (check all that apply):**

The student has fulfilled all criteria for RTP by successfully completing a graduated RTP protocol of progressive exercise challenge of a minimum of 5 days. And is eligible to return to full participation

Name of Licensed Healthcare Provider (Print)

(Signature)

Office Phone Number

Date

Student- Return completed form to: Campus Recreation Athletic Trainer and/or the Executive Director of Health and Wellness. The form can be placed in the Concussion Medical Status Form Lockbox located at the Front Desk of the BeeMcLeod Recreation Center.

Please Note: This form must be turned in least 24 hours before any programming (ex: intramural game, TAP trip, etc) on a weekday (forms will not be processed on weekends) that the student intends to participate in. This timeframe allows the ATs time to review and process the form.

Return to Play Criteria

Stage	Aim	Activity	Goal of each step
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate
3	Sport-specific exercise	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills, eg, passing drills. May start progressive resistance training	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

Davis, G. A., Ellenbogen, R. G., Bailes, J., Cantu, R. C., Johnston, K. M., Manley, G. T., ... McCrory, P. (2017). The berlin international consensus meeting on concussion in sport. *Neurosurgery*, 82(2), 232–236. <https://doi.org/10.1093/neuros/nyx344>

Return to Play Guidelines

- *NOTE: “An initial period of 24–48 hours of both relative physical rest and cognitive rest is recommended before beginning the RTS progression. There should be at least 24 hours (or longer) for each step of the progression. If any symptoms worsen during exercise, the athlete should go back to the previous step. Resistance training should be added only in the later stages (stage 3 or 4 at the earliest)”(Davis et al., 2017).*
- ***A student or student-athlete who has re-emergence of symptoms in consecutive days needs to stop the protocol and be referred to a physician trained in concussion for further evaluation.*

References

Davis, G. A., Ellenbogen, R. G., Bailes, J., Cantu, R. C., Johnston, K. M., Manley, G. T., ... McCrory, P. (2017). The berlin international consensus meeting on concussion in sport. *Neurosurgery*, 82(2), 232–236. <https://doi.org/10.1093/neuros/nyx344>