



College of William and Mary  
Campus Recreation- Sport Clubs  
Concussion Medical Status Form



Dear Licensed Healthcare Provider:

\_\_\_\_\_, a student at the College of William & Mary, was recently removed from a Campus Recreation sport club and/or 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 successfully completes a graduated return-to-play (RTP) protocol supervised by the Athletic Trainer (see next page). **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., physiatrist), 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. The student must see me (licensed healthcare provider) again in order to be cleared to **begin the graduated return to play.**

\_\_\_ The student **DID** sustain a concussion. The student may begin the graduated return to play when the athletic trainer deems it medically safe to do so (with the athletic trainer supervising the return to play). The student must be seen by me (licensed healthcare provider) **before beginning RTP Day 5 (full contact practice).**

\_\_\_ The student **DID** sustain a concussion. The student may begin the graduated return to play when the athletic trainer deems it medically safe to do so (with the athletic trainer supervising the return to play). The student must be seen by me (licensed healthcare provider) **after the completion of RTP Day 5 (full contact practice)** before the student is cleared for full sports participation.

\_\_\_ The student **DID** sustain a concussion. The student may begin the graduated return to play when the athletic trainer deems it medically safe to do so (with the athletic trainer supervising the return to play). After supervising the successful return to play, **the athletic trainer may clear the student for full sport participation.** The student **DOES NOT** need to see me (licensed healthcare provider) again, unless the athletic trainers deems it necessary.

\_\_\_ The student **DID NOT** sustain a concussion.

\_\_\_\_\_  
*Name of Licensed Healthcare Provider (Print)*

\_\_\_\_\_  
*(Signature)*

\_\_\_\_\_  
*Office Phone Number*

\_\_\_\_\_  
*Date*

**Student- Return completed form to: Campus Recreation Athletic Trainer (AT) 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 or turned in directly to the ATs or the Executive Director of Health and Wellness**

## 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.*