CONCUSSION EVALUATION AND RELEASE TO PLAY FORM FOR LICENSED HEALTH CARE PROVIDERS

(SECTION ONE: Completed by School Personnel)

Student Name: ___________________________________________ Date: ________________

Sport’s Team: ___________________ Grade: ________ Number of Past Concussions: _________

Brief Description by School Personnel of How Injury Occurred and Why Concussion is Suspected:
__________________________________________________________________________________

(SECTION TWO: Completed by Licensed Health Care Provider)

Per Indiana Code 20-34-7, a student athlete who is suspected of suffering a concussion may not return
to play until the student athlete has been evaluated by a licensed health care provider trained in the
evaluation and management of concussions and head injuries, receives a written clearance to return to
play from the health care provider who evaluated the student athlete, and not less than twenty-four
(24) hours have passed since the student athlete was removed from play.

Health Care Provider Name: ____________________________________________________________

License Number: ___________________ Licensing Board: ________________________________

I have evaluated the above mentioned student athlete and the student athlete is:

_____ NOT cleared to participate in any sports-related activities (including gym class) until seen for a
follow-up exam

_____ Cleared, as of today, to return to all activities, including sports, without restrictions

_____ Cleared to return to all activities, including sports, without restrictions, on the following date* - ________________

_____ Cleared to return to sports following the schedule below:

   Step 1: May participate in light activity on the following date* - ________________
           (10 minutes on an exercise bike, walking, or light jogging; but no weight lifting, jumping or hard running)

   Step 2: May participate in moderate activity on the following date* - ________________
           (Moderate intensity activity on an exercise bike, jogging or weight lifting [reduced time and/or weight than normal])

   Step 3: May participate in heavy; non-contact physical activity on the following date* - __________
           (Sprinting, running, high-intensity exercise bike, and weight lifting; but no contact sports)

   Step 4: May return to practice and full contact in a controlled practice setting on the following
date* - ________________

   Step 5: May return to full game play on the following date* - ________________

_____ Other – please list:

* Please note that if signs and symptoms of a concussion occur, the student must return to the previous stage and
parents must contact the licensed health care provider for instructions.

_________________________________________ (Signature of Health Care Provider) __________________________ (Date)

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