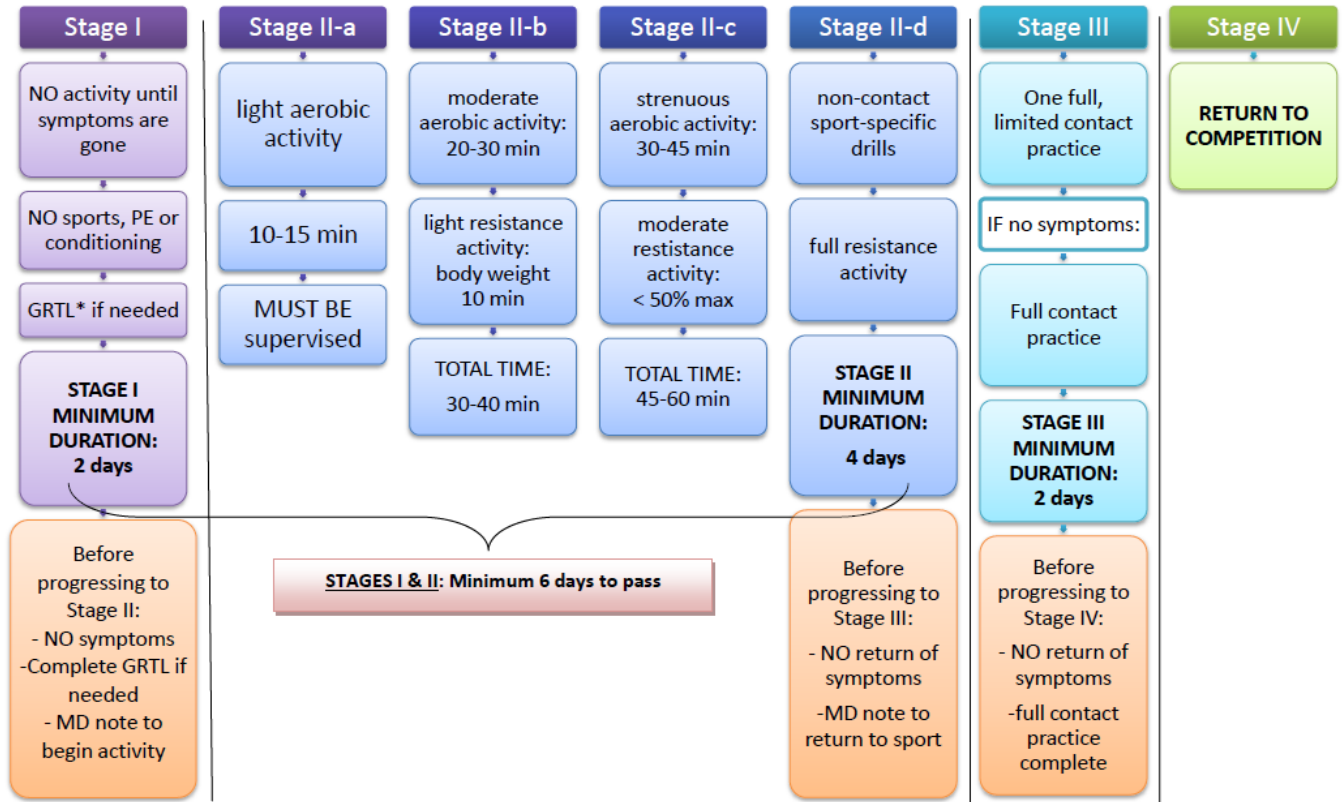


The California Interscholastic Federation (CIF) has recently released a concussion protocols to better align with the California State Laws. The following is an illustration of the CIF's Return to Play (RTP) protocol that can be adapted to individual schools and meets the minimum requirements.

CIF CONCUSSION RETURN-TO-PLAY (RTP) PROTOCOL: Step-by-Step Guide

CA STATE LAW AB 2127 (Effective 1/1/15) STATES THAT RETURN TO PLAY (I.E., COMPETITION) CANNOT BE SOONER THAN 7 DAYS AFTER EVALUATION BY A PHYSICIAN (MD/DO) WHO HAS MADE THE DIAGNOSIS OF CONCUSSION. The progression below BEGINS after MD diagnosis.

NOTE: CONCUSSION MANAGEMENT IS BASED ON SYMPTOMS, NOT ON THE CALENDAR. Some student-athletes may take longer to heal.



*Graduated Return-to-Learn

- After Stage I, only one stage per day (or longer if instructed by physician).
- If symptoms return at any stage in the progression, physical activity should STOP IMMEDIATELY; follow up with Athletic Trainer or physician.

The involved athlete can return no sooner than seven (7) days after an evaluation from a qualified physician (MD or DO) and a release from the same evaluating physician as stated in A.B. 2127.

Concussion information is constantly changing and state laws and CIF protocols will continue to alter to try and stay up to date. Information regarding CIF changes can be found at <http://www.cifstate.org>. The CATA and FWATA secondary school committees will continue to assist athletic trainers stay up to date on rule changes and protocol requirements.