



FIELD HOCKEY FEDERATION  
2060 E. Avenida de los Arboles #D  
Thousand Oaks, CA 91362

## MEDICAL CLEARANCE TO RETURN TO PLAY AFTER SUSPECTED CONCUSSION

The State of California requires that a youth athlete, who has been removed from physical participation in an athletic activity, shall not return to physical activity until he or she has been evaluated by an appropriate health professional and receives written clearance from that health professional authorizing the youth athlete's return to physical participation in the athletic activity. This form is to be used after an athlete has been removed from an athletic activity due to a suspected concussion<sup>1</sup>.

Athlete Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Team: \_\_\_\_\_ Date of Injury: \_\_\_\_\_

Medical clearance should only be provided after a graduated return to play plan<sup>2</sup> has been completed and the student has been symptom free at all stages. The student must be completely symptom free at rest and during exertion prior to returning to full participation in physical activity.

If concussion diagnosed, date athlete completed graduated return to play plan without recurrent symptoms: \_\_\_\_\_

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Health Care Provider: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

*Note: An appropriate health professional is defined as a licensed health care provider who is trained in the evaluation and management of concussions and is acting within the scope of his or her practice.*

I HEREBY AUTHORIZE THE YOUTH ATHLETE NAMED ABOVE TO RETURN TO ATHLETIC ACTIVITY FOR FULL PARTICIPATION WITHOUT RESTRICTION.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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<sup>1</sup> A "Concussion" is a type of traumatic brain injury as recognized by the Centers for Disease Control and Prevention. A concussion may cause a change in a person's mental status at the time of the injury including, but not limited to feeling dazed, disoriented, or confused, and may or may not include a loss of consciousness. A concussion may be caused by any type of accident or injury including, but not limited to the following: a fall, blow, bump or jolt to the head or body, the shaking or spinning of the head or body, or the acceleration and deceleration of the head.

<sup>2</sup> Return to play guidelines may be found at: [http://www.cdc.gov/concussion/headsup/return\\_to\\_play.html](http://www.cdc.gov/concussion/headsup/return_to_play.html) and should only be administered by an appropriate health professional.