



| IFF Return to play protocol | | Floorball | | |
|-----------------------------|----------------|---------------------|-------------------------------|--|
| Name: | Date of birth: | Date of concussion: | Number of concussions so far: | |

Short description of how it happened:

After each concussion the entry into any sporting activity must be gradual. The purpose of this is to avoid permanent brain damage. To ascend from one level to the next, the previous level must be absolutely free of symptoms! The relevant symptoms are: headache, dizziness, nausea, difficulty concentrating, balance problems, blurred vision, drowsiness, fatigue, sensitivity to light, sensitivity to noise, mental lability (see SCAT 5).

| Date | Level when released | Achieved Level | SCAT 5 22/132 | Subjective symptoms | Medicines | Diagnosis by (Doctor/Physio) |
|------|---------------------|-------------------|------------------|---------------------|-----------|------------------------------|
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Stay free of symptoms for at least 1 day at each level, only then move to the next level on the following day!

| Stages for | Stages for returning to play | | |
|------------|---|--|--|
| 1 | Symptom-limited activity: Rest, sports are forbidden (much sleep, no mental stress, no reading, no television, no gaming) | | |
| 2 | Light aerobic exercise: Walk for 20-30 min stationary cycling at slow to medium pace. No resistance training. | | |
| 3 | Medium length aerobic exercise: e.g. core training, proprioception and balance exercises (e.g., 30-45 min) | | |
| 4 | Sport-specific training (careful training without jumps and danger of falling or contact, no games, do not go to the limit) | | |
| 5 | Floorball training (e.g. participating in drills, still avoiding playing games) | | |
| 6 | Ready to play games | | |