

## INTRAMURALS

- If you are diagnosed with a concussion, you will be marked medically ineligible on IMLeagues.
- The Department of RecSports requires that you consult your doctor after any suspected concussion. You must bring a physician’s clearance note signed by an MD, DO, PA, or ANP in order to be eligible to resume participation in a RecSports program.
- The physician’s note must be submitted to the Athletic Training Room located in SouthWest Recreation Center in room #140E. You can also e-mail a signed clearance note to [RSAthleticTrainers@ufsa.ufl.edu](mailto:RSAthleticTrainers@ufsa.ufl.edu).
- Once the clearance note is received, we will make you eligible on IMLeagues.
- If you are a Sport Club participant, you will be required to complete the Return to Play Protocol following the physician’s clearance.

## SPORT CLUB RETURN TO PLAY PROTOCOL

**This protocol must be completed with the Athletic Trainers.**

*24 hours needed between each day of the protocol.*

No Activity	
Day 1	Light Aerobic Exercise
Day 2	Aerobic Exercise + Body Weight Exercises
Day 3	Sport Specific Drills
Day 4	Non-Contact Practice
Day 5	Full Contact Practice
Final SWAY/SAC Testing 24 hours after Day 5	