

Onteora Central School District Concussion Return to Activity Protocol

- This protocol applies to all students who have been diagnosed with a concussion, regardless of where the concussion occurred.
- The student must be free of concussion symptoms for at least 24 hours before clearance to start the protocol.
- Student must be cleared by personal medical provider to return to activity.
- After receiving clearance from the private medical provider, the **District Medical Director must provide clearance for the student to begin the Protocol steps.**
- The protocol is designed to introduce graded levels of activity.
- Students will be monitored through the steps by District Nurses, Physical Education Teacher, Coaches, or Athletic Trainer. Monitoring should be documented and forwarded to the nursing staff to be sent to the District Medical Director for the final clearance. **The original documentation will be maintained in the student's cumulative health record.** Once the District Medical Director has received the documentation of completion, **The District Medical Director will provide the final clearance for the student to return to full activity.**
- Each level of activity should be of at least one day of duration.
- The student should remain symptom free at each level before progressing to the next level
- If symptoms return at any level of activity, the student should return to the previous level for at least one day. **The Medical Director must be notified if this occurs.**
- The student's personal physician or the District Medical Director may stipulate that a student should remain at a specific level of activity for a longer period of time than one day. This may be appropriate for a student who has had a previous concussion.
- At each level of the protocol, the student should be assessed to be symptom free by either the District Nurses, Physical Education Teachers, Coaches, or the Athletic Trainer.
- District Nurses, Physical Education Teachers, Coaches, or Athletic Trainers should notify the District Medical Director of any concerns while the student is progressing through the protocol.

Onteora Central School District Concussion Return to Activity Protocol

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| Student Name | School |
| Date Protocol Started | Target HR |

| Step | Name of staff monitoring student during step | Concept/Goal | Date | Activity Description | Comment/Symptoms |
|------|--|--|------|---|------------------|
| 1 | | Light general conditioning exercise with goal to slowly increase heart rate. | | 10-15 minutes light cardio-exercise ie. brisk walking, stationary bike. Target heart rate < 70% of predicted max. | |
| 2 | | Moderate general conditioning and sport specific skill work. Goal is to increase movement and agility. | | sport specific activity, 10-15 minute duration. Avoid spins, dives, jumps. Target heart rate < 80% predicted max. | |
| 3 | | Heavy general conditioning. No contact. Goal is to increase speed and lateral mobility. | | General conditioning activities 15-20 minutes. Target HR < 90% predicted maximum. | |
| 4 | | Skill work and team drills. Very light contact. Goal is team skills and light static contact. | | Resume regular conditioning and duration of practice. Increase intensity of training and gradually increase skill level for 30 minutes. | |
| 5 | | Return to PE, recess activities, full athletic practice with moderate contact. | | May compete but avoiding heavy contact, ex. tackling. | |
| 6 | | Return to full athletic competition. | | No restrictions | |

Completed form received by Medical Director

Medical Director Signature _____ **Date** _____