

## EISD Concussion Return to Play Protocol

- When a student is suspected of sustaining a concussion, the following return to play protocol will be followed as agreed upon by the Concussion Management Team (CMT).
- The concussion return to play process will utilize two supervised phases, advancing at the rate of one stage per day. If at any point during this process the student experiences a prolonged increase in symptoms, the athlete must wait at least 24 hours and resume the progression from the last successfully completed stage. However, it is important to note that symptoms may become mildly aggravated during prescribed exercise.
  - a. Phase 1 (Therapeutic Phase) – consists of a 24-48 hour rest period followed by sub-maximal aerobic exercise and an initial rehabilitation program.
    - Stage 1 – The student must be within normal limits of their baseline symptom score (or normative data) at rest and with cognitive activities for 24-48 hours, including completing one to two full days of school.
    - Stage 2 – The student must complete 15 minutes of light aerobic exercise (light jogging, stationary bike, etc.). Student must remain within normal limits of their baseline symptom score (or normative data) for 24 hours. No weight training, resistance training, or any other form of exercise.

You must provide the high school athletic trainer or middle school nurse with written medical clearance from a physician on the “Academic Support” form or in the form of an official, written physician’s note before proceeding to Phase 2

- b. Phase 2 (Return to Play) – consists of sport specific, higher intensity exercises. Prior to completing this phase, high school student-athletes will be given a neurocognitive test if they participate in an activity requiring a baseline neurocognitive test. EISD utilizes the ImpACT program for this assessment. The student-athlete must pass the test within normal limits in order to complete this phase.
  - Stage 3 – The student must complete 25 minutes of moderate aerobic exercise. Student must remain within normal limits of their baseline symptom score (or normative data) for 24 hours.
  - Stage 4 – Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises. Student must remain within normal limits of their baseline symptom score (or normative data) for 24 hours.
  - Stage 5 – Full contact practice or training. Student must remain within normal limits of their baseline symptom score (or normative data) for 24 hours.

The “UIL Concussion Management Protocol Return to Play” form must be completed and returned to the high school athletic trainer or middle school nurse prior to Stage 6

- Stage 6 – Full return to participation

**I have read and understand the “EISD Concussion Return to Play Protocol”**

Student Signature: \_\_\_\_\_

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

Parent Signature: \_\_\_\_\_

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