

## **CONCUSSION PROTOCOL**

To help recognize a concussion, you should watch for and ask others to report the following two things among your athletes: 1. A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head. --and-- 2. Any concussion symptoms or change in the athlete's behavior, thinking, or physical functioning.

When a concussion is suspected:

1. Immediately remove the athlete from play;
2. Ensure that the athlete is evaluated by a health care professional experienced with concussions;
3. Inform the athlete's parents about the concussion; and
4. Keep the athlete out of play/practice until the experienced health care professional has cleared him.

A student's best chance of full recovery from a concussion involves two critical components: cognitive and physical rest. Continued research has shown cognitive rest to be essential in the quick resolution of concussion symptoms. Cognitive stimulation includes driving, playing video games, computer use, text messaging, cell phone use, loud and/or bright environments, watching television, reading, and studying. These stimuli must be limited, and in most cases, completely avoided for a period of time during recovery. Physical activity such as physical education, athletics, strength or cardiovascular conditioning, and fine art practices/performances must be completely avoided or regulated while recovering from a concussion. It is recommended that this protocol is shared with the student's primary care physician (licensed to practice medicine in all its branches, i.e. pediatrician) during the initial visit.

### **Stages of Concussion Recovery and Academic/Athletic Participation:**

1. Complete Rest
2. Return to School
3. Full Day of School Attendance
4. Full Academic and Athletic Participation  
Return to Learning: Process to return to full cognitive/academic activities  
**Return to Play:** Process to return to full sports participation