

# BROWNSVILLE I.S.D. HIGH SCHOOL

## RETURN TO PARTICIPATION CONCUSSION PROTOCOL

Student Name: \_\_\_\_\_ Date of Injury: \_\_\_\_\_

High School athletes believed to have sustained a concussion are required to follow the BISD Concussion Protocol. Protocol progression begins at 24-hour intervals as long as student-athlete is symptom free at each level. If the student-athlete experiences any post concussion symptoms during the return to activity progression, activity is discontinued and the student-athlete must be re-evaluated by their physician.

**As per UIL guidelines/ HB 2038, protocol must be followed in all cases.**

<http://www.uiltexas.org/health/info/concussions>

Step 1: Light aerobic exercises- 5-10 minutes. This step cannot begin until the athlete is no longer having concussion symptoms and is CLEARED by a physician for further activity.

Date \_\_\_\_\_ Student Signature \_\_\_\_\_ Athletic Trainer \_\_\_\_\_

Step 2: Moderate aerobic exercise -15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.

Date \_\_\_\_\_ Student Signature \_\_\_\_\_ Athletic Trainer \_\_\_\_\_

Step 3: May begin weight lifting, resistance training and non-contact training drills in full uniform.

Date \_\_\_\_\_ Student Signature \_\_\_\_\_ Athletic Trainer \_\_\_\_\_

Step 4: Full contact practice or training.

Date \_\_\_\_\_ Student Signature \_\_\_\_\_ Athletic Trainer \_\_\_\_\_

Step 5: Written physician statement and UIL Concussion Management Protocol Return to Play Form with parent signature is returned to BISD.

Date \_\_\_\_\_ Athletic Trainer \_\_\_\_\_