

Concussion Management at Seattle Prep

Return-to-Learn Protocol

Seattle Prep has a unique Return-to-Learn (RTL) Protocol that helps students re-integrate into the classroom after sustaining a concussion. This process is facilitated by Seattle Prep's Learning Resource Center (LRC), the athletic trainer, and several other members of our Concussion Management Team. Communications are distributed to your student's teachers and other individuals that will play a key role in their recovery. This protocol is active from the time that the student sustains a concussion to the point at which they are 24-hours symptom-free. While the RTL Protocol is implemented for all students who sustain a concussion during their time at Prep, **Kate is only involved in the RTL Protocol when a student-athlete has sustained a concussion.**

Return-to-Play Protocol

Under the Zackery Lystedt Law, Washington State Legislature dictates that any individual who has been diagnosed with a concussion must complete a 6-step Return-to-Play Protocol prior to full, unrestricted participation in their respective sport. Approximately 24 hours must pass between steps to monitor for the return of symptoms; should any symptoms re-emerge, we return to the last successfully-completed step in the process. The protocol is as follows:

- Step 1:** 24-hours symptom-free and full reintegration into academics
- Step 2:** 15-20 minutes of light aerobic activity
- Step 3:** Sport-specific drills
- Step 4:** Non-contact practice
- Step 5:** Contact practice
- Step 6:** Full, unrestricted participation in practice/competition