

# PROCTOR

Proctor Academy's concussion protocol was created with the help of the Brain Injury Association of NH and members of the Neuropsychology department at Dartmouth Hitchcock Hospital. This protocol helps us to deliver students from injury to full academic and athletic return with as little risk of re-injury and optimal management of class work as possible, all while following current best medical practices.

A student suspected of concussion is evaluated by a medical professional, usually an athletic trainer or school nurse. If a concussion is a possible diagnosis, the student is referred to the Concussion Team Leader (CTL) for further examination. If The CTL confirms concussion, that student is placed in the protocol.

ImpACT testing is utilized for suspected concussions to help diagnose and additionally help gauge recovery as appropriate. Tests are interpreted with the help of a Pediatric Neuropsychologist at Dartmouth Hitchcock Hospital.

## **Return to Learn**

Students are color coded for ease of identifying what activities are permissible within the protocol.

Black = total rest from all academics and athletics.

Red = class attendance and participation as able. No HW, No Assessments. No athletics.

Orange = class attendance expected. HW as able. No assessments. No athletics.

Yellow = class attendance and Hw expected. Assessments as able. No athletics

Green = full academic participation. Athletics return is imminent.

A student's support team included the CTL, advisor, teachers, coaches, and dorm parents. All parties are notified of changes in a student's status.

Daily check-ins allow the CTL to monitor students in protocol and alert the support team of any changes in status or unexpected alterations to a plan, whatever the reason.

Regular check-ins with a student's parents also allow for transparency of a student's recovery.

## **Return to Play**

Students are permitted to resume athletic activity only when the CTL gives the all-clear so as to avoid a second and potentially more significant injury.

Once the RTP process begins a student will go through 5 stages.

1. Monitored cardio-based workouts
2. Sport-specific workouts\*
3. Non-contact practices
4. Full Contact practices
5. Game play.

\*A student will return to Practice participation once a sign off is received from 4 parties: a Physician, our contracted NeuroPsych, the students parents/guardians, the Concussion Team Leader.

Once these 4 sign offs occur a student can begin stage 3.