



## Concussion Protocol

### Student diagnosed with concussion:

- 1) Student pulled from PE/Athletics. **Nurses office emails the AD, AD Administrative Assistant, AT, PE Teacher, PE Chair alerting them that the student is pulled from participation in PE/Athletics.**
- 2) Note must be sent to the HS/MS Nurses office clearing that student athlete to return to learn/play by the treating physician.
- 3) Once the note is verified by HS/MS Nurse, that student athlete can take the post impact test. **Nurses office will email the AD, AT that the student athlete is cleared to take post impact test.**
- 4) Athletic Trainer in conjunction with the School Medical Director will interpret the results of the post impact baseline test. **If the student meets their baseline the school Medical Director will be charged with clearing the student for the next step in progression.**
- 5) The Medical Director will clear the student athlete to begin the return to play progression or recommend that the student be reevaluated.
- 6) The Athletic Trainer will be charged with implementing and monitoring the return to play 6 Day progression as outlined below.

### Return to Play Protocol once symptom free for 24 hours and cleared by School Medical Director:

**Day 1:** Low impact, non strenuous, light aerobic activity.

**Day 2:** Higher impact, higher exertion, moderate aerobic activity. No resistance training.

**Day 3:** Sport specific non-contact activity. Low resistance weight training with a spotter.

**Day 4:** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

**Day 5:** Full contact training drills and intense aerobic activity.

**Day 6:** Return to full activities with clearance from the School Medical Director.

**Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.**