



Sayre School Athletics: Concussion Policy

***IMPORTANT- PLEASE READ**

KHSAA REGULATIONS:

- (1) Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, nausea, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.
- (2) After medical clearance, return to play will follow a 5-day stepwise protocol with provisions for delayed return to play based upon the return of any signs or symptoms:
 - A. No activity
 - B. Light aerobic exercise
 - C. Sport-specific exercise
 - D. Non-contact training drills
 - E. Full contact practice
 - F. Return to competition

NOTE: Reproduction of symptoms on any day of the protocol will result in cessation of activity for that day and repetition of the step the following day.

Sayre Schools Stance:

Sayre Schools will handle concussions in regulation with the recommendations set forth by the KHSAA:

- Any athlete showing signs or symptoms of a concussion will be immediately pulled from participation and withheld until a clearance note is provided from a physician (MD or DO).
- Upon medical clearance following concussion athletes will progress through the KHSAA recommended return-to-play protocol, regardless of providing physician.

Tanner Eldridge MS, ATC, NREMT
UK Orthopedic Surgery & Sports Medicine
Athletic Trainer- Sayre Schools
Teldridge@sayreschool.org
Tanner.Eldridge@uky.edu
(606)922-6786