



## Guidelines for Concussion Management

To comply with Texas State Legislature *House Bill 2038 (HB2038)* and related UIL mandates, Lake Dallas ISD works closely with the district athletic trainers, High School and Middle School nurse, and the Team Physicians, which make up the Concussion Oversight Team (COT), to ensure that student-athletes are receiving a safe, standard management of their injury.

**Step 1:** Athletes will be evaluated by staff athletic trainers for any signs or symptoms of a concussion. If a concussion is suspected, the athlete will need to be evaluated by a physician of their choice. **We must receive physician clearance that states the athlete can begin the return to play (RTP) protocol prior to starting the RTP with staff athletic trainers.**

**Step 2:** The student athlete will check in once daily with the athletic training staff to document continuing symptoms until final release. Step 3 cannot begin until we receive physician clearance to do so.

**Step 3:** The athletic training staff will progress the athlete through the RTP Progression below unless other modifications are needed per the student athletes physician. This program will span no less than 5 days prior to full participation. Additional days may be necessary based on severity of injury, return of symptoms, or by recommendation of the COT. **\*The student athlete must complete the return to play progression and must be supervised by the LDISD Staff Athletic Trainers prior to returning to full activity.\***

### Return to Play Progression

**Phase One:** Limited Activity with the objective of recovery ; low resistance bike, stretching, etc.

**Phase Two:** Light Aerobic exercise with the objective of increasing heart rate; running at an easy pace, sit-ups, push-ups, walking lunges, etc.

**Phase Three:** Sports Specific activity with the objective of adding movement; running at medium pace, non-contact agility drills, etc.

**Phase Four:** Non-contact training with the objective of increasing coordination and cognitive load; complex training drills, plyometrics, resistance training, sprinting, etc.

**Phase Five:** Full contact practice with the objective of restoring confidence, participating in controlled scrimmage and game simulations, controlled sport-specific contact drills, etc.

**Once all phases are completed without the return of symptoms, the student is fully released if they have completed all phases and once the athletic staff has received a release to full activity in writing by treating Physician. In addition, parents/guardians and athletic training staff must sign the UIL Concussion Management Protocol Return to Play Form.**

**In summary: Any athlete with a suspected concussion must complete these steps.**

1. Written diagnosis of confirmed or denied concussion from a licensed Physician
2. Daily visits with the athletic training staff to document symptoms
3. Return to activity following completion of the Return to Play Protocol
4. Written Physician release to full activity from treating physician
5. Completed UIL Concussion Management Protocol Return to Play Form