

Stayton High School Concussion Protocol

If a student athlete has been diagnosed with a concussion either by MD or ATC. Then they must follow this protocol before they are allowed to return to sport. While an athlete is still symptomatic they are not allowed to participate in any form or practice or games. But they should be checking in with the ATC daily if possible to track progress.

They must be symptom free for 24 hours, then have an MD, or approved Medical provider sign off on the medical clearance form (OSAA form) to be cleared by ATC to begin return to practice. They then must have passed Impact test.

The athlete will then begin a graduated return to sport. Depending on what level of return the play they Medical provided has listed on the return to play clearance form.

Steps to return to play: minimum of 1 day for each step.

Step 1 –No activity

Step 2- Light Aerobic Activity

Step 3- Sport specific Activity

Step 4- Non-Contact training/practice

Step 5-Full Contact/practice

Step 6 – Full/Unrestricted Return to Sport

If any time during this process the student Athlete experience any return of symptoms then practice is stopped and the athlete will go back to the previous step before progressing.

The school ATC has final clearance on all return to play decisions. This policy is consistent with OSAA guidelines and state laws regarding concussions.