

Wheatland-Chili Central School District:
Revised Draft Concussion Protocol:

Any time any injury is sustained in an athletic practice or contest, it is the responsibility of the coach to notify via e-mail:

- The School Nurse
- The Athletic Director
- The Athletic Trainer

This notification to the above named must be initiated by the coach, even if the athletic trainer was present and has notified the family and/or school of the student's injury. The coach must also, within 24-hours, provide a written injury report to the Athletic Director or to the school nurse. This must occur within 24-hours of any injury.

Any student-athlete that is injured and exhibits concussion symptoms or is suspected of a concussion must, with no exceptions, complete the 6-day return to play progression before resuming normal play or competition or Physical Education class.

For any injury, including concussion or suspected concussion, that will require time away from Physical Education class and/or a temporary modification to the academic program, the school nurse will notify (via e-mail):

- The Physical Education teacher for the student
- The School Counselor

If a student-athlete is suspected of a concussion, the coach is to notify the Athletic Director and the school nurse via e-mail within 24 hours. If the trainer is present at the game, the trainer will also notify the nurse and athletic director. If a student-athlete is suspected of a concussion or exhibits concussion symptoms, they must be evaluated by a physician. If a physician determines that a student has not sustained a concussion, the student will start on Day 1 of the Gradual Return to Physical Activity Protocol on that day. The protocol applies to Physical Education and athletics, and so full participation in Physical Education or athletics does not occur until Day 6.

If a student-athlete is diagnosed as having a concussion, they may not participate in PE or Athletics. By rule, a student must be symptom-free for 24-hours and provide a doctor's note stating that the student is no longer exhibiting the symptoms of a concussion and may begin the return to play progression. This note must come from a Primary Care Physician or from a concussion specialist. A note from an Urgent Care or an Emergency Room is not sufficient for clearance from a concussion.

If a student that is not an athlete reports a concussion or concussion symptoms, or If a student-athlete reports a concussion that occurs outside of the interscholastic program, the school nurse will provide the student's name, via e-mail to:

- The Athletic Director (who can relay to subsequent coaches)
- The Athletic Trainer
- The School Principal

The Athletic Director will be responsible for providing IMPACT testing upon request of the Athletic Trainer or student's physician. IMPACT results will be transmitted electronically to the Athletic Trainer and/or physician. The student is not to participate in PE or Athletics yet at this time.

Upon clearance from a concussion by a non-emergency/urgent care physician, a doctor's note must be provided to the school nurse, athletic director, or athletic trainer. Upon receipt, the clearance note will be shared electronically with the Athletic Trainer by the receiving staff member. The athletic trainer will be responsible for contacting the Wheatland-Chili school physician, WorkFit Medical. Communication for clearances for non-athlete students will be initiated by the school nurse. WorkFit will evaluate the file of the student, and provides the official clearance that allows the student to begin the Gradual Return to Physical Activity Protocol. This protocol begins at Step 1 on the day of clearance. If clearance occurs late in the day (after a designated/supervised practice time), Step 1 may not occur until the following day.

Coaches will be notified by the Athletic Director or Trainer that the student is cleared to begin the Gradual Return to Physical Activity Protocol.

Gradual Return to Physical Activity Protocol:

Once cleared by the school physician, a student may begin at Step 1 of the Gradual Return to Physical Activity Protocol. 24-hours must elapse between each Step of the protocol. If a student has concussion symptoms at any time during the protocol, the student must move back one step of the protocol and wait 24 hours before re-attempting that level.

Wheatland-Chili Gradual Return to Physical Activity Protocol Steps:

- Step 1 – Walk or Stationary Bike for 15-20 minutes
- Step 2 – Jog for 15-20 minutes
- Step 3 – Non-contact practice
- Step 4 – Non-contact practice
- Step 5 – Full practice
- Step 6 – Game play – Full clearance for PE and Athletics