



## Sweet Home Central School District Head Injury Management

Sweet Home Central School District will manage all students with head injuries in accordance with the Berlin Consensus Statement on Concussion in sport 5<sup>th</sup> International Conference. This policy is in compliance with the National Federation of State High School Associations.

When a student has been removed from a practice or game and/or has any head injury symptoms they must be cleared by a Health Care Provider in order to return to sport participation.

### **What can I look for during the recovery process?**

Symptoms may persist, but should start to improve.

Contact your Health Care Provider [HCP] if you have any questions or concerns, or if your son/daughter experiences:

- Worsening of symptoms.
- Difficulties in school: difficulty concentrating, slipping grades.

### **How can my son/daughter get better?**

While symptoms persist, the athlete should rest both physically and cognitively. Activities that require attention and concentration such as working on a computer and playing video games may delay recovery. Monitor activities that require concentration and only participate when asymptomatic (symptom free).

### **When can my son/daughter return to sports?**

Once the athlete has medical clearance from a Health Care Provider, the athlete will begin the Return to Play Protocol, and may resume physical education activities and sports participation once cleared by our Medical Director or delegate.

The **Return To Play Protocol** is as follows:

- Phase 1:** Symptom-limited activity: daily activities that do not provoke symptoms
- Phase 2:** Light aerobic exercise: walking or stationary cycling at slow to medium pace
- Phase 3:** Sport specific exercise: skating drills, running drills, no head impact activities
- Phase 4:** Non-contact training drills: progress to harder training drills; may start progressive resistance training.
- Phase 5:** Full contact practice: following medical clearance, may participate in normal training activities
- Phase 6:** Return to sport; normal game play.

As recommended by the New York State Public High School Association (NYSPHAA), the athlete who sustains a head injury must complete all six phases of the Return To Play Protocol in order to return to play. An athlete may progress to the next phase of the protocol provided he or she stays asymptomatic. If symptoms return, the athlete must stop activity. The athlete will return to the previous phase of the protocol. The athlete only advances or progresses to complete the next phase if he or she is asymptomatic for 24 hours.