

**REGIONAL SCHOOL DISTRICT #17
CONCUSSION PROTOCOL**

1. As soon as a concussion is suspected the student must immediately be removed from the activity and appropriate medical personnel will be contacted including: the school nurse; athletic trainer; or 911.
2. Should the student display ANY symptoms of a concussion a parent/guardian will be called and the student will be removed from the activity or event and referred to the student's primary care physician, the emergency room, or 911 will be called.
3. If the student does not show symptoms until later on, such that the coach or trainer had no knowledge the student is symptomatic, the school nurse must be notified by the parent/guardian. Should the student not go to the emergency room initially, it is ALWAYS recommended that immediate medical care be sought if certain worrisome signs develop including:
 - Worsening headache that does not go away
 - Repetitive vomiting
 - Altered mental status (drowsy or cannot be awakened)
 - Weakness, numbness or decreased coordination
 - Slurred speech
4. The Sway Balance test will be re-administered 24-72 hours after the injury by appropriate school personnel (depending upon instructions from the Doctor).
5. School activities including; attendance at school, classwork load, and homework may need to be accommodated during the recovery period. The school nurse will work with your child's school counselor and your child's primary care physician to create a plan that works best for your child.

IF YOUR STUDENT WAS DIAGNOSED WITH A CONCUSSION THEY MUST COMPLETE ALL OF THE FOLLOWING:

STEP 1: In order to be eligible for the return to play protocol, a student must meet ALL of the following requirements:

- A note from the student's **primary care physician** clearing them for activity must be received by the school nurse
- Symptom free for 7 days
- Completing full days of school with no academic restrictions
- Participating in Physical Education
- Sway Balance test administered, and evaluated by the athletic trainer

STUDENTS WILL NOT BE ALLOWED ON THE SIDELINES OF A GAME OR PRACTICE, OR TRAVELING TO AWAY CONTESTS PRIOR TO COMPLETING STEP 1.

STEP 2: Once all of these conditions above have been met, the student can begin the gradual return to play protocol

- Day 1: Running/Sprinting
- Day 2: Non contact drills
- Day 3: Contact drills
- Day 4: Full Scrimmage Play
- Day 5: Able to Play in a Game

STEP 1 & STEP 2 ARE NOT COMPLETED AT THE SAME TIME. THE GRADUAL RETURN TO PLAY (STEP 2) BEGINS AFTER ALL REQUIREMENTS IN STEP 1 HAVE BEEN MET. A STUDENT WILL BE ALLOWED TO RETURN TO PLAY ONLY AFTER STEP 1 AND STEP 2 HAVE BEEN FULLY COMPLETED.