

Grant Community High School

285 E. Grand Ave. Fox Lake, IL 60020

Athletic Training Room (847) 973-3454



Return to Play Following Concussion/ Mechanism of Injury

The following protocol and guidelines have been established in accordance with the IHSA, National Federation of State High school Associations and GCHS concussion oversight team.

1. Athlete must be free of all signs and symptoms prior to medical clearance to begin protocol
2. Written medical clearance from a physician licensed to practice medicine in all its branches in Illinois (MD/ OD), Certified Athletic Trainers (ATC), Advanced Practice Nurses (APN), and Physician Assistants (PA) is required prior to beginning
3. Pre and Post workout signs and symptom assessment is completed by the athletic training staff prior to each step
4. Only one step is performed in a 24 hour period. Under no circumstances will this protocol be accelerated. If any symptoms reoccur, the athlete will drop back to the previous step and try to progress after 24 hours of rest
5. Prior to Step 4 (Full contact training drills), athlete must complete post injury SWAY testing and results must be within athletes baseline measures in order to move on to Step 4, in protocol steps. If athlete results are not within baseline measurement, athletes will stay non- contact until the next testing window, unless directed differently by athletic trainer.

The Athletic Training staff have the empowerment to have the unchallengeable authority to determine management and return to play of any ill or injured student athlete, as he or she deems appropriate, under the direction of the team physician. The Athletic Training staff may complete any necessary return to play protocols for the health and safety of the student athlete.

Protocol Steps

No Activity: Recovery

Goal: As the recovery step of the Return to Play Progression the athlete needs to be symptom free at rest for 24 hours.

Step 1: Light Aerobic Exercise

Goal: To increase an athlete's heart rate (up to 70% maximum heart rate)

Activity: 15-20 minutes stationary bike or walking workout.

Step 2: Moderate exercise

Goal: Add body and head movement

Activity: Moderate jogging, brief running, moderate intensity stationary biking

Step 3: Non- contact training drills

Goal: Increase exercise, coordination and attention

Activity: Sprinting, running, high intensity interval training, high intensity stationary biking, weight lifting, non-contact sport specific drills. This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in step 1 and 2.

Step 4: Full contact in a controlled practice

Goal: Restore confidence and assess functional drills

Activity: Return to normal training activities

Step 5: Full competition and Game play

By signing, I as a parent understand and will comply with Grant Community High School District # 124's Protocol and Policy.

Athlete's Name

Parent's Signature

Date