Concussion Guidelines And Return to Play Protocol

Return to Play Protocol (Criteria)

The return to play protocol follows a stepwise progression of activity until full return. Generally each step takes 24 hours to complete. **If at any point the athlete has symptoms of a concussion return during this progression, you must return to Day One of the protocol.**

A written release must be provided to the Athletic Trainer from the treating physician before the Return to Play Protocol can begin.

1. Concussion with no Loss of Consciousness
    a. Release from treating physician.
    b. ***Day one*** -Asymptomatic for 24 continuous hours AND a return to baseline normal range.
    c. ***Day two*** -Light aerobic exercise (e.g., stationary bike for 10-15 minutes).
    d. ***Day three***-Sport specific conditioning. Goal is to have the athlete sweat and increase heart rate.
    e. ***Day four***-Non-contact training drills. Practice with no contact (e.g., no pads in football).
    f. ***Day five*** -Full contact practice.

    Must complete WA Concussion Management Protocol Return to Play Form.

    g. ***Day Six***- Return to full play.
2. Multiple Concussions (Second concussion within 6 month period) or Concussion with Loss of Consciousness
    a. Out of all activity for a minimum of one week (7 continuous days).
    b. Physician (recommended concussion specialist) visit and neurocognitive testing (Either ImPACT or any physician approved exam).
        i. Once these two criteria have been met and the athlete has been cleared by the treating physician he/she may begin the return to play protocol.
    c. ***Day one*** -Asymptomatic for 24 continuous hours AND a return to baseline normal range.
    d. ***Day two*** -Light aerobic exercise (e.g., stationary bike for 10-15 minutes).
    e. ***Day three***-Sport specific conditioning. Goal is to have athlete sweat and increase heart rate.
    f. ***Day four***-Non-contact training drills. Practice with no contact (e.g., no pads in football).
    g. ***Day five*** -Full contact practice.

    Must complete UIL Concussion Management Protocol Return to Play Form.

    h. ***Day Six***- Return to full play.