Beaufort County School District Concussion Management Protocol

In order to protect the athletes of Beaufort County School District receiving a concussion while participating in district sponsored events, the following standards should be utilized to manage these athletes.

1. The athlete should be evaluated by the Athletic Trainer to determine if the athlete has suffered from a concussion. It is recommended to take a concussion symptom inventory and *Balance Error Scoring System* (BESS) or *Standardized Assessment of Concussion* (SAC) testing. If an athletic trainer is not present, and a coach is unsure if a concussion is present, they should err on the side of caution and hold the athlete out of play until an evaluation can be made by a healthcare professional.
2. An athlete determined to have suffered a concussion and not allowed to return to their activity should seek medical attention by a medical doctor to determine severity of injury.
3. Follow-up on that athlete should be done daily to determine when symptoms of concussion have resolved.
4. Day 1 following resolution of symptoms, the athlete may participate in 15-20 minutes of cycling activities with interval sprinting, pushups and sit-ups, stopping if any symptoms return.
5. Day 2 following resolution of symptoms, and if no symptom returned from Day 1, the athlete may participate in sport specific drills and running with no contact for 30-40 minutes. If any symptoms return, they are to stop the activity.
6. Day 3 following resolution of symptoms, and if no symptoms return from Day 2, the athlete may return to practice in non-contact drills. Level of involvement depends on the sport and the position of the athlete and is up to the discretion of the athletic trainer. Participation should last no longer than 60 minutes. If any symptoms return, they are to stop the activity.
7. If symptoms return from any of the daily workouts, then you must wait until symptoms resolve and start back at Day 1.
8. The athletic trainer has the discretion to allow for more days of controlled practices if he/she deems it necessary in his/her professional opinion.
9. If after Day 3, or additional controlled practices and **no** symptoms return, the athlete must be seen by a medical physician for clearance to participate in all activities.
10. An athlete may be sent to the physician at anytime that symptoms support that referral during this return to participation process.
11. If ImPACT® testing had been done to set a baseline, the athletic trainer should utilize post-testing within 24-72 hours to determine the status of the athlete, post injury, for determination of athletes return. Post-testing should also be done 5-10 days post concussion before the athlete in seen for final clearance for return to play. (POST-TESTING SHOULD NOT BE UTILIZED MORE THAN 2-3 TIMES A WEEK) The results of the baseline and all post-injury testing should be sent to the physician when seeking clearance for return to all activities. Post injury testing may be used to determine the extent of cognitive injury for the physician to determine if time off from school is needed for recovery.
12. These standards will never supersede a physicians request for prolonged treatment of a concussion, and an athlete **will not** return without written clearance from a physician and the following of these standards.