

Concussion Management Protocol for Maclay Athletics

At the start of each athletic season, student athletes are required to complete a baseline, known as the ImPACT test, a 25 minute computerized test taken to determine an athlete's neurocognitive function before a concussion has been sustained. Maclay utilizes this FDA cleared testing program as part of the post injury evaluation to determine neurocognitive deficits when compared to the athlete's baseline test. The baseline and post injury evaluations will be administered and supervised by the athletic trainer at Maclay.

In the event that an athlete is diagnosed with a concussion, by the athletic trainer or a physician, they will enter concussion protocol. By law, when a concussion is suspected, the steps to return to athletics are as follows.

Immediate Response

The athlete is immediately held from practice, competition, weightlifting, and physical education class. The student athlete's parent or guardian is informed and referred to a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO) for proper concussion management in compliance with Florida state statutes.

The athletic trainer will contact the Head of Student Health to put in motion academic accommodations for the student athlete while they have concussion symptoms.

The athletic trainer will administer a concussion evaluation, including the ImPACT post injury test, and will inform coaches, strength and conditioning coaches, school nurses, and the Center of Academic Excellence of the athlete's injury and any activity or academic modifications.

Physician Evaluation

The treating physician will fill out an FHSAA AT18 Form, which includes return to play protocol. This form and any associated notes must be given to the Maclay athletic trainer. The treating physician can also provide written academic accommodations for the classroom, which the athletic trainer will share with the Center of Academic Excellence.

If the athlete is cleared by a physician, they are considered cleared to begin the return to play process, not cleared to play.

Daily Symptom Monitoring

In the days following a concussion, student athletes are required to check in with the athletic trainer each day to complete a symptom evaluation and functional activities per physician's orders. Once the athlete is symptom free, they will begin the graded return to play process, performed under the direct supervision of the athletic trainer.

Return to Play Process

The return to play process consists of four days of physical activity that gradually increase day to day.

- Day one is Light aerobic exercise: walking, swimming, stationary bike
- Day two Sport-specific exercise: non-contact drills, jogging
- Day three Non-contact training: Complex (non-contact) drills/practice
- Day Four Full contact practice: restore confidence and simulate game situations

The athlete advances each day as long as symptoms do not return. If symptoms return, the athlete moves back a day before progressing again.

If you have any questions, you can email our athletic trainer, Tucker Mathis, at tuckermathis@maclay.org.