



Cristo Rey High School Orlando Concussion / Mild Traumatic Brain Injury (mTBI) Policy

Policy Statement

Cristo Rey follows Florida Statute §1006.20, the Florida School Health Administrative Resource Manual, and FHSAA Policy 40. Any student with a suspected concussion will be managed safely under medical supervision.

Education & Annual Requirements

- All coaches, staff, and athletes complete NFHS 'Concussion in Sports' annually.
- Parents receive concussion education each year.
- School Nurse provides annual staff updates.

Recognition, Immediate Action, and Referral

- Immediate removal from play/activity—no same-day return.
- ATC evaluates if present; School Nurse must be notified.
- Parents contacted and referral made to a Florida-licensed MD/DO.
- Activate EMS/EAP for serious symptoms.

Documentation

- FHSAA AT18 form completed by AHCP is required.
- School Nurse keeps records in the health office.
- **Athletics retains copies for eligibility files.**

Return-to-Learn (RTL)

- Student checks in with School Nurse upon return.
- Nurse coordinates RTL with teachers/counselor.
- Supports: rest breaks, screen limits, testing adjustments.
- Nurse monitors symptoms and updates staff/parents.

Return-to-Play (RTP)

Stepwise progression (24 hrs each, supervised by ATC/Nurse under AHCP orders):

1. Symptom-limited activity
2. Light aerobic
3. Sport-specific drills
4. Non-contact training
5. Full-contact (with clearance)
6. Competition

Written AHCP clearance (AT18) required before return.

Roles & Responsibilities

- Coach: Remove from play, activate EAP, notify Nurse/parents.
- ATC: Sideline eval, assist RTP.
- School Nurse: Documentation, RTL coordination, monitor, educate staff.
- Parents: AHCP evaluation, submit AT18.
- AHCP (MD/DO): Diagnose/clear, complete AT18, give restrictions.

Key Safeguards

- No same-day return after suspected concussion.
- No academics/athletics return without Nurse oversight & AHCP clearance.
- Protocol reviewed annually by Nurse, AD, and Principal.