

Kilgore Independent School District

Post Concussion Return To Play Protocol

According to TEC Section 38.157:

A student removed from an interscholastic athletics practice or competition under TEC Section 38.156 (suspected of having a concussion) may not be permitted to practice or compete again following the force of impact believed to have caused the concussion until:

- (1) the student had been evaluated; using established medical protocols based on peer-reviewed evidence, by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make the decisions for the student;
- (2) the student has successfully completed each requirement of the Return To Play protocol established under TEC Section 38.153 necessary for the student to return to play;
- (3) the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play; and
- (4) the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:
 - a. have acknowledged that the student has completed the requirements of the Return To Play Protocol necessary for the student to return to play;
 - b. have provided the treating physician's written statement under Subsection (3) to the person responsible for compliance with the Return To Play Protocol under Subsection (c); and
 - c. have a signed consent form indicating that the person signing:
 - i. has been informed concerning and consents to the student returning to play in accordance with the Return To Play Protocol;
 - ii. understands the risks associated with the students returning to play and will comply with any ongoing requirements in the Return To Play Protocol;
 - iii. consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return to play recommendations of the treating physician; and
 - iv. understands the immunity provisions under TEC Section 38.159.

According to the UIL Concussion Management Protocol, following clearance and compliance with the above information, supervised progression of activities should be initiated utilizing the now standard protocol:

- Student Athlete shall provide the treating physician's written statement of clearance and be symptom free for 24 hours prior to initiating the Return To Play Progression.
- Progress continues at 24 hour intervals as long as the Student Athlete is symptom free at each level.
- If the Student Athlete experiences any post-concussion symptoms during the Return To Play Progression, activity is discontinued and the Student Athlete must be re-evaluated by a licensed health care professional.
 - Phase 1:
 - No exertional physical activity until the Student Athlete is symptom free for 24 hours and receives written clearance from a physician and submission of the required documentation following the concussion injury.
 - the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:
 - will sign on the physician's written statement indicating that they are in agreement with the physician's clearance.
 - consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return to play recommendations of the treating physician, and
 - understands the immunity provisions under Section 38.159 of the Texas Education Code.
 - Phase 2:
 - Step 1: When the Student Athlete completes Phase 1, begin light aerobic exercise – 5 to 10 minutes on an exercise bike, or light jog; no weight lifting, resistance training, or any other exercise.
 - Step 2: Moderate aerobic exercise – 15 to 20 minutes of running at a moderate intensity in the gym or on the field without a helmet or other equipment.
 - Step 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.
 - Step 4: Full Contact practice or training.
 - Step 5: The student and the student's parent or guardian or another person with legal authority to make medical decisions for the student will sign the UIL Return To Play Protocol Form, indicating that they are aware that the KISD Return To Play Protocol has been completed prior to the Student Athlete's full return to participation
 - Step 6: Full game play

DISCLAIMER: Steps may not be shortened but may be added based on the sport(s), the severity of the concussion, and the number of concussions the athlete has sustained.

Subsequent concussions

Any subsequent concussion requires further medical evaluation, which may include a physical examination prior to return to participation. Written clearance from a physician is required as is outlined in TEC Section 38.157 before any participation in UIL practices, games, or matches.

Potential Need for School/Academic Adjustments & Modification Following Concussion (Return To Learn)

It may be necessary for the individuals with concussion to have both cognitive and physical rest in order to achieve maximum recovery in the shortest period of time. In addition to the physical management noted above, it is recommended that the following be considered:

- Notify School Nurse and all Classroom Teachers regarding the Student Athlete's condition.
- Advise Teachers of post-concussive symptoms.
- Student Athlete MAY need (only until asymptomatic) special accommodations regarding academic requirements (such as limited computer work, reading activities, testing, assistance to class, etc.) until concussion symptoms resolve.
- Student Athlete may only be able to attend school for half days or may need daily rest periods until symptoms subside. In special circumstances the Student Athlete may require home bound status for a brief period.