Public Schools of the Tarrytowns Traumatic Brain Injury / Concussion Protocol

Student suspected of (and/or diagnosed with) sustaining a Traumatic Brain Injury / Concussion:

1. The School Nurses office is notified of the incident. **The student is removed from physical activities including but not limited to: Physical Education, Athletics, and Recess.** The School Nurses office emails the Athletic Director, Athletic Department Administrative Assistant, Athletic Trainer, Physical Education Department Chair, Physical Education Teacher notifying them that the student is pulled from participation in PE/Athletics.
2. Note from the treating medical provider (MD/DO/NP) must be sent to the HS/MS School Nurses office clearing that student to begin a return to learn/return to play process.
3. Once the note is verified by the HS/MS School Nurse, the School **Nurses office will email the Athletic Director,** Athletic Department Administrative Assistant, and **Athletic Trainer that the student was cleared by their treating medical provider to begin the Return to Play protocol.**
4. The Athletic Trainer, under the supervision of the School Medical Director, will implement and monitor the student for the Return to Play Protocol progression* as outlined below. T**he student cannot begin the Return to Play Protocol progression until they are fully symptom-free and are participating fully in academics without restrictions/accommodations related to their injury.**
5. Upon completion of the Return to Play Protocol progression and final clearance from the School Medical Director, the Athletic Trainer will notify the School Nurse, Athletic Director, Athletic Department Administrative Assistant, Physical Education Department Chair, Physical Education Teacher that the student may return to full activities.

***Return to Play Protocol once symptom free for 24 hours and cleared by School Medical Director:**
Stage 1: Low impact, non strenuous, light aerobic activity.
Stage 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.
Stage 3: Sport specific non-contact activity. Low resistance weight training with a spotter.
Stage 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.
Stage 5: Full contact training drills and intense aerobic activity.
Stage 6: Return to full activities with clearance from the School Medical Director.

If symptoms emerge during a stage, the student will return to the previous stage and resume activities only once symptom free for 24 hours. If the student continues to have symptoms re-emerge while attempting to complete the Return to Play Protocol progression, the recommendation may be made to be re-evaluated by their treating medical provider.