

Concussion/Return-To-Play Protocol

An athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (including but not limited to loss of consciousness, confusion, headaches, dizziness, or balance problems) shall be immediately removed from the athletic event and shall not return to play until cleared by the district nurse practitioner.

The following sequence must be followed in the event of any sports-related concussion:

1. The athlete is immediately removed from play
2. The athlete must be medically evaluated by his/her primary care practitioner and given permission to proceed with return-to-play requirements
3. The athlete must contact athletic trainer to schedule Impact Study (passing the Impact Study is mandatory and may take more than one attempt)
4. The athlete must present all medical documentation, as well as a copy of the Impact Study, to the district nurse practitioner
5. The athlete must complete a neurological assessment performed by the district nurse practitioner
6. When completely asymptomatic, the athlete will then be cleared to engage in the following *gradual* return-to-play plan:
 - a. Light aerobic exercise, then...
 - b. Sport-specific training, then...
 - c. Non-contact drills, then...
 - d. Full-contact drills, then...
 - e. Game play

****Each of these steps requires a minimum of 24 hours SYMPTOM-FREE****

No student athlete will be permitted to participate in any sport if he/she sustains three (3) concussions within one calendar year. The decision to permit athletes to return to play REGARDLESS OF THE NUMBER AND/OR SEVERITY OF CONCUSSIONS remains at the discretion of the school district.