

**Altmar-Parish-Williamstown Central School District**

**RETURN TO PLAY PROTOCOL FOLLOWING A CONCUSSION**

The following protocol has been established in accordance to the National Federation of State High School Associations and the International Conference on Concussion in Sport, Prague 2004.

When an athlete shows ANY signs or symptoms of a concussion:

1. The athlete will not be allowed to return to play in the current game or practice.
2. The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
3. The athlete should be medically evaluated following the injury.
4. Return to play must follow a medically supervised stepwise process.

The cornerstone of proper concussion management is rest until all symptoms resolve, **no exertional activity until asymptomatic for 24 hours**, then clearance by the student's treating physician and school physician, and then a graded program of exertion before return to sport.

The program is broken down into six steps in which only one step is covered a day. If any **concussion symptoms recur**, the athlete should drop back to the previous level and try to progress after 24 hours of rest. The six steps involve the following:

DATE	ACTIVITY	Coach Initials
_____	1. <u>Low impact</u> , non-strenuous, light aerobic activity such as walking or riding a stationary bike. If tolerated without return of symptoms over a 24 hours period proceed to:	_____
_____	2. <u>Higher impact</u> , higher exertion, and moderate aerobic activity such as running or jumping rope. No resistance training. If tolerated without return of symptoms over a 24 hour period, proceed to:	_____
_____	3. <u>Sport specific non-contact activity</u> . Low resistance weight training with a spotter. If tolerated without return of symptoms over a 24 hour period proceed to:	_____
_____	4. <u>Sport specific activity, non-contact drills</u> . Higher resistance weight training with a spotter. If tolerated without return of symptoms over a 24 hour period proceed to:	_____
_____	5. <u>Full contact training drills and intense aerobic activity</u> . If tolerated without return of symptoms over a 24 hour period proceed to:	_____
_____	6. <u>Return to full activities without restrictions</u> .	_____

If any symptoms recur, the student shall submit to an examination by his or her treating physician, receive written authorization from such physician to resume activity, rest for 24 hours, drop back to the previous step, and then resume the protocol.

In addition, the student should be monitored for recurrence of symptoms due to physical activity and/or mental exertion, such as reading, working on a computer, or taking a test.

Return to participation shall be permitted upon completion of the protocol.

The school's physician will make the final decision on return to activity including recess, physical education class, and after-school sports.