

Initial Evaluation of a suspected concussion/mild traumatic brain injury (MTBI):

If athlete is suspected of a concussion, the athletic trainer will perform an on-field concussion exam

- i.e. SCAT6 (standardized concussion assessment tool), or SWAY Mobile Application. A mobile app that uses a device's built in motion sensors to assess balance and cognitive function

If athlete shows NO signs/symptoms of a concussion

- Athletic trainer can return the athlete to play at his/her discretion

If an athlete shows signs/symptoms related to a concussion the athlete will be removed from play immediately. Symptoms can develop after 24-48 hours after injury.

- Athletic trainer will notify the coach that the athlete has been removed from participation
- Athletic trainer will monitor and evaluate the validity and reliability of the related signs and symptoms
 - If athlete shows NO signs/symptoms related to a concussion then:
 - Athletic trainer can return the athlete to play at his/her discretion
 - If athlete SHOWS signs/symptoms related to a concussion then:
 - It will be the athletic trainers' recommendation to have the athlete follow up with a medical doctor to be evaluated for a concussion.

Return to play protocol (RTP)

When an athlete returns from a doctor with a diagnosis of a concussion the following guidelines will be administered:

- Athletic trainers will recommend complete physical and cognitive rest for 24-48 hours.
 - No activities that increase heart rate
 - Running, jumping, practices or games
 - No activities that increases brain activity
- Stay home from school, limit homework, limit video games and texting for 24-48 hours
- Athlete will check in with athletic training staff daily to monitor symptoms on SWAY
- Once an athlete is 24 hours sign/symptom free, the athlete will take a SWAY assessment
 - If athlete is within normal limits, athlete will continue to be progressed through a series of six stages to return to play based off the International Conference on Concussion in Sport
 - If the athlete is not within normal limits, the athlete will return to both physical and cognitive rest.

Six Stages to Return to Play, once an athlete passes post-concussion neurocognitive assessment.

When an athlete completes a stage without any return of signs/symptoms for 24 hours, he or she moves to the next stage. If symptoms return, the athlete is to stop immediately and return to the previous step after the athlete is symptom free. The Athletic Trainer oversees the implementation of the Return to Play (RTP) protocol.

- **RTP 1st stage**
 - No activity - Athlete will have symptoms limit their physical and cognitive rest for 24-48 hours
 - 1B- Athlete may begin low aerobic exercise such as going for a walk as long as symptoms do not worsen during walk.
- **RTP 2nd stage**
 - Athlete will perform light aerobic exercise, consisting of walking, swimming or cycling on a stationary bike. No resistance training is allowed.
- **RTP 3rd stage**
 - Athlete will perform sport specific drills, including running for soccer or swimming for water sports.
- **RTP 4th Stage**
 - Athlete will perform Non -contact training drills, including passing (more complex decisions). Resistance training can begin.
- **RTP 5th stage**
 - After medical clearance, the athlete will be release back into full contact practice
- **RTP 6th stage (final stage)**
 - Athlete will return to normal play

If at any time during the return to play protocol the athletic training staff observes reasons for further consultation or evaluation, the athletic training staff will notify the parent/guardian to share and document next needed steps and may remove the student from play.

Students that participate in a high-risk/high-impact sport will be baseline tested using a SWAY. These sports include: football, soccer, cheerleading, basketball, wrestling, volleyball, girls gymnastics, lacrosse, baseball, softball, diving, water polo, and field events. Once an athlete has concussion-like symptoms that athlete is tested and the data will be compared to baseline. All other sports will be tested using the SCAT6.

Return to learn protocol (RTL) (FORM 4)

When a student returns from a doctor with a diagnosis of a concussion, the Director of Student Services will use the 4 step-process below as a guideline for necessary academic support. School personnel will request medical documentation as the student progresses through the stages.

- **RTL Stage 1: Complete Rest** (Usually lasts 2-4 days, could last more than 1 week per individual case)
 - No school attendance for at least one full day
 - Severe symptoms at rest
 - Symptoms may include but are not limited to:
Headache or pressure in head, dizziness, nausea, photosensitivity, auditory sensitivity, inability to focus/concentrate, memory/lack of recall, feeling mentally foggy, unusual changes in mood, fatigue
 - Initial evaluation by primary care physician (not ER)
 - No PE or athletic participation (includes practices and attending events)

Progress to stage 2 when: decreased sensitivity to light or noise, decreased intensity and frequency of headaches and dizziness, ability to do light reading for 10 minutes without increased symptoms, decreased feeling of foggy or confusion.

- **RTL Stage 2: Return to School** (Options for altered daily class schedule)
 - Mild symptoms at rest, but increasing with physical and mental activity
 - Modified class schedule/limited attendance
 - Modified class work/assignments/expectations
 - No PE or athletic participation (may attend practices or PE class but no participation)
 - Report daily to the school nurse and/or athletic trainer for assessment

Progress to stage 3 when: school activity does not increase symptoms; overall symptoms continue to decrease.

- **RTL Stage 3: Full Day of School Attendance**
 - Symptom free at rest
 - Mild to moderate symptoms with cognitive and school day activity
 - No PE or athletic participation (may attend practices/events or PE class, but no participation)
 - Report daily to school nurse and/or athletic trainer
 - Progress to limited homework, tests, quizzes
 - Modified class work/assignments/expectations

Progress to stage 4 when: written clearance by primary care physician (primary physician or neurologist) for return to physical and full academic activities is received and the student is symptom free with cognitive and physical activity. Student should report any return of symptoms with cognitive or school day activity.

- **RTL Stage 4: Full Academic Participation**
 - Asymptomatic with academic/cognitive and physical activities
 - Resumption of full academic responsibilities once symptoms have resolved completely as determined by primary care physician. School nurse will notify teachers.
- Create plan for possible modification and gradual completion of required make-up work (school counselor, teacher, instructional coach)
- For the non-athlete student: written clearance to full participation from primary care physician will be required for return to PE participation. Upon receipt of clearance, the school nurse will consult with the PE teacher regarding appropriate return to full participation within current activity (no formal gradual return to physical activity).