

Concussion Return to Play Protocol

STEPS TO RETURN TO PLAY:

1. If an athlete is suspected having a concussion, he/she will be referred to the athletic trainer who will perform concussion testing. If the athletic trainer thinks that the athlete may have suffered a concussion they will then have the athlete take the computerized ImPact concussion test. The athlete's scores will be compared to their individual baseline test, or in the case where there is no baseline, their scores will be compared to the average norm for their age.
2. If the athlete's signs, symptoms, **and** scores do not fall within the norms, they will ***be required to see a physician***. Once the athlete has seen a physician and is feeling like all of their symptoms are resolved, they will see the athletic trainers (or a concussion center) to retake the Impact Concussion Test. Once they achieve a passing score, they will then need to see a physician again to receive clearance and a return to play form
3. Once the athlete has a return to play form, they will have to follow a graduated return to exercise protocol (light aerobic activity, moderate aerobic activity, sport specific drills, full contact practice) that must be supervised and approved by the athletic training staff before a physician will give the final clearance to safely return to sport.
4. If the athlete completes the graduated exercise protocol without complications, they can then take the form to their personal physician for a clearance signature to **RETURN TO PLAY**.