

Poland Regional High School Sports Medicine Concussion Protocol

- 1) If an athlete suffers trauma to the body or head, and displays the signs and symptoms of a concussion, they must immediately be removed from play and evaluated by the appropriate medical personnel such as the athletic trainer and/or team physician.
- 2) The athlete is to be evaluated and monitored for at least 20 minutes. If after 15 minutes the symptoms have cleared and the medical personnel believe it was not a concussion, the athlete may return to play. If symptoms clear and the medical personnel believe that the athlete has suffered a concussion, the athlete may not return to play. If symptoms do not clear, and the medical personnel believe the athlete has suffered a concussion, that athlete will not return to play.
- 3) If an athlete is suspected of having a concussion by the athletic trainer, team physician or primary care physician, that athlete will remain out of participation until symptom free for at least 24 hours and has been cleared to play by a physician. The athlete must present a note to the athletic trainer/athletic director to verify a physician has cleared them.
- 4) The following is the Poland Regional High School Concussion Protocol:
 - a. After being symptom free for 24hrs, the athlete will take the IMMPACT test administered by the athletic trainer/athletic director or other qualified school personnel.
 - b. Teacher and school administrators will be notified of the student athlete's concussion. This is to aid in helping those athletes who may struggle with schoolwork due to their injury. HIPPA guidelines will be followed to protect all healthcare information.
 - c. Test results are to be read by the team physician or primary care physician.
 - d. Once cleared by physician, student may begin the return to play process.

Day 1 Bike for 20-30 minutes. If any symptoms are present, then the activity is stopped. This activity will be tried again the following day.

Day 2 Jogging, sprinting and exertion activities for 20 minutes. The athlete is not allowed to participate in any type of contact activity. If any symptoms are present, the activity is stopped. The athlete will repeat day 1.

Day 3 No contact practice. This is limited to drills, running and conditioning. The athlete is not allowed to participate in any type of contact activity. If any symptoms are present, the activity is stopped. The athlete will repeat day 2.

Day 4 Controlled contact practice. The athlete may be involved in drills or activities that are controlled such as for football hitting a tackling dummy or sled. The athlete is not allowed to participate in any scrimmages, games or uncontrolled contact activities. If any symptoms are present, the activity is stopped. The athlete will repeat day 3.

Day 5 Full contact practice. The athlete may be involved in drills, activities, scrimmages or uncontrolled contact activities. If any symptoms are present, the activity is stopped. The athlete will repeat day 4.

If there is no return of symptoms and the athlete progresses well through the return to play process, the athlete may return to full participation once cleared by a physician.