



Concussion Management and Return to Play Guidelines

In the unfortunate event that an athlete sustains a concussion, regardless of the severity, the following management steps will be followed:

- The athlete will be immediately removed from activity for the remainder of the day.
- If there is a loss of consciousness for any amount of time, the athlete will be secured to a spine board and transported to nearest emergency medical facility via EMS.
- If the athlete's condition deteriorates or fails to improve the athlete will be transported to the nearest emergency medical facility.

Return to Play Criteria

- Must have written clearance by a licensed physician using the form provided by the athletic training staff. ***Other forms will not be accepted.***
- Will complete neuro-psychological testing **48 – 72** hours post injury. The athlete must score satisfactorily in order to return to play.
- Must be symptom free for 24 hours without pain medication in order to move past **Day 1** of the following return to play program.
- The athlete must remain symptom free in order to move on to the next stage, and may only move one stage per 24 hours.

Gradual Return to Activity Progression

Day	Activity
1	No activity with complete physical and cognitive rest.
2	Supervised light aerobic exercise.
3	Begin isolated sports specific exercise/drills (Non-Contact)
4	Non-contact training drills/practice
5	Full contact practice.
6	Competition

If the athlete displays symptoms at anytime during the six day gradual return to play they will return to the previous step or more.

The A.L. Brown High School Athletic Training Staff and Physicians will make the final determination regarding the return to play.



A.L. Brown High School Sports Medicine

Concussion Signs and Symptoms

Cognitive	Pathological	Behavioral
Disorientation	Headache	Irritability
Loss of focus and difficulty concentrating	Loss of consciousness	Abrupt changes in mood.
Immediate Memory Deficits	Nausea/Vomiting	Changes in personality
Delayed Memory Deficits	<u>Vision difficulties</u> Loss of Vision, Double Vision, Blurred Vision	Extreme Fatigue
Confusion	Balance Difficulties	Sleep Disturbances
Feeling like he/she is in a “Fog”	Ringling in Ears	Nervousness/Anxiousness
Declining Academic Performance	Neck Pain	Emotional Highs and Lows

Concussion Recovery (Taken from The ImPACT Website) <http://impacttest.com/concussion/overview>

- Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussion.
- Such difficulties are prevented if the athlete is allowed time to recover from a concussion and return to play decisions are carefully made. No athlete should return to sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.
- In summary, the best way to prevent difficulties with concussion is to manage the injury properly when it does occur.