



CONCUSSION RETURN TO PLAY PROTOCOL

BACKGROUND

In recent years there has been an increasing amount of literature to support the use of a graduated return-to-play progression when managing concussions. This progression aims to use objective and methodical guidelines to help an athlete return to their respective sport safely. Jim Elliot Christian High School wishes to follow the recommendations laid out by organizations such as the National Athletic Trainer's Association (NATA), "Summary and Agreement Statements of International Conferences of Concussions in Sport", Oregon School Activities Associates (OSAA) Medical Aspects in Sports Committee and the Centers for Disease Control and Prevention (CDC) "Heads Up" findings. Coaches and the Athletic Directors are oftentimes the first responders to such traumatic brain injuries and typically have daily communication with the athletes. Therefore, the purpose of this document is to provide Coaches and the Athletic Director with a standardized return-to-work play protocol based on a summary consensus of the literature.

Following an examination by the athlete's primary care physician:

Graduated Return -to-Participation Progression

1. **No activity:** Complete rest, both physical and cognitive. This may include staying home from school or limiting certain academic activities. Should be symptom free for 24 hours before progressing with protocol.
2. **Light aerobic exercise:** <70% age predicted maximum heart rate; no resistance training.

Athletes must be healthy enough to return to school full time before progressing past this stage.

3. **Sport-specific activities:** sprinting, dribbling basketball or soccer ball, no equipment, no threat of contact. Signed JECHS concussion form before progressing past this point.
4. **Non-Contact training:** resistance training may begin, more complex drills in equipment.
5. **Full Contact practice:** participate in unrestricted activity.
6. **Return to play/competition**

Each stage should be separated by a minimum of 24 hours. If symptoms occur during a specific state, the athlete must stop activity immediately and report symptoms to their coach and/or athletic director. Once the athlete is symptom free for another 24 hours they may restart that stage or activity. Management of any concussion should be done in coordination with a physician.

A Fact Sheet for ATHLETES

HEADS UP CONCUSSION

WHAT IS A CONCUSSION?

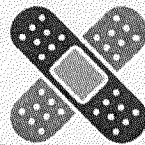
A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?



REPORT IT. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.



GIVE YOUR BRAIN TIME TO HEAL.

A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

WHY SHOULD I TELL MY COACH AND PARENT ABOUT MY SYMPTOMS?

- Playing or practicing with a concussion is dangerous and can lead to a longer recovery.
- While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.