

BALDWINVILLE CENTRAL SCHOOLS STUDENT

Return to Play/Activity Protocol Following a Concussion/Head Injuries

The following protocol has been established in accordance to the National Federation of State High School Associations and the International Conference on Concussion in Sport, Zurich Nov. 2008. In addition it has been fabricated in a collaborative effort with concussive experts within the great Central New York area and the Baldwinsville Central School's Supervising Medical Officers and concussion management team. As such it is imperative to remember the safety of the student is the primary concern of Baldwinsville School District and its medical personnel.

The information contained below is to be used as mere guidelines that are to be implemented in the time following a concussive event. This information is **not to be considered as all inclusive or all encompassing.**

When a Student shows signs or symptoms of a concussion or is suspected to have sustained a brain injury after an evaluation by medical personnel or athletic trainer at the time of the incident:

1. The Student **will not** be allowed to return to play/activity in the current game or practice.
2. The Student should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
3. Following the initial injury, the Student **must follow up** with their primary Care Physician or by an Emergency Department within the first 24 hours.
4. The student **must have** the "initial Concussion Checklist by Athletic Trainer or Coach/Nurse" and the "Concussion Checklist Physician Evaluation" signed and dated by #3 above. These forms must be returned to either Athletic Trainer or School Nurse at Baldwinsville Central Schools.
5. Return to participation **must follow** a medical clearance and successful completion of the "return to Play (participation) Protocol."
6. The Athletic Trainer will supervise and document the Zurich, "Return to Play (participation) Protocol." School District appointed M.D. has final determination for students return to participation status.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to sport/activity. The program is broken down into six steps in which only one step is covered per one 24 hour period. The six steps involve with the Return to Play Protocol are:

1. No exertion activity until asymptomatic.
2. Light aerobic exercise such as walking or stationary bike, etc. No resistance training.
3. Sport/activity specific exercise such as skating, running, etc. Progressive addition of resistance training may begin.
4. Non-contact training/skill drills.
5. Full contact training in practice setting (if a contact/collision sport).
6. Return to competition.

If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest. In addition, the student-athlete should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test. Once a student successfully completes the protocol they may return to participation.