

# Schoharie Central School

## Concussion Protocol

A concussion is defined as a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth.

If a concussion is suspected proceed with the following steps:

- Remove child from event.
- Refer to Concussion Danger Signs information sheet for immediate medical evaluation.
- Evaluate child using Concussion Checklist provided.
- Inform parent or guardian.
- Refer for medical evaluation if indicated in accordance with the Concussion Checklist.
- Continue to monitor child until child is under parental or medical supervision.
- Notify school nurse – File incident report.

### Return to Play Guidelines

After a concussion has been diagnosed, proceed with the following steps:

- Documented medical clearance is required by a medical doctor before the child may return to physical education and/or sports.
- The child should not return to physical education and/or sports until the child is totally asymptomatic (including after exercise).
- The child must complete the Return to Play Protocol below before he/she may return to physical education or sports and the protocol must be completed with the coach and nurse monitoring progress.

### Graduated Return to Play Protocol

| Rehabilitation Stage                  | Functional exercise at each stage of rehabilitation   | Objective of each stage  |
|---------------------------------------|---|--|
| <b>1. No activity</b>                 | <b>Complete physical and cognitive rest.</b>  | <b>Recovery</b>  |
| <b>2. Light aerobic exercise</b>      | <b>Walking or stationary cycling keeping intensity &lt;70 percent MPMR; no resistance training.</b>   | <b>Increase HR</b>   |
| <b>3. Sport-specific exercise</b>     | <b>Running drills in soccer, volleyball, basketball, and cross country; no head impact activities.</b>                                      | <b>Add movement</b>  |
| <b>4. Non-contact training drills</b> | <b>Progression to more complex training drills, eg; passing drills in soccer and basketball; may start progressive resistance training.</b> | <b>Exercise, coordination, and cognitive load</b>                        |
| <b>5. Full contact practice</b>       | <b>Following medical clearance, participate in normal training activities.</b>  | <b>Restore confidence and assess functional skills by coaching staff</b> |
| <b>6. Return to play</b>              | <b>Normal game play</b>   |  |

Six day return to play protocol. Each day the athlete makes a stepwise increase in functional activity, is evaluated for symptoms, and is allowed to progress to the next stage each successive day if asymptomatic.