

Return to Sports Protocol Following a Concussion for Athletes

- A. When a student shows ANY signs or symptoms of a concussion:
 - The student will not be allowed to return to sports in the current game or practice.
 - The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
- B. The coach or athletic trainer will provide the student/guardian with a physician evaluation form and concussion home care sheet.
- C. Coaches will notify the athletic trainer of the suspected concussion. The athletic trainer will notify the school nurse and medical director. The school nurse will notify the student's guidance counselor.
- D. A concussion diagnosis must be made by a medical care provider and final clearances are made by the BSCSD medical director.
- E. The graduated return to sport is outlined below, and an ImPACT test will be utilized throughout the protocol. Use of ImPACT will be decided by medical personnel.
- F. Coaches must wait for clearance to progress through each step from the athletic trainer or school nurse due to possible discrepancies between the medical director and diagnosing/managing physician.
- G. Student-athletes should be encouraged to check in with the athletic trainer or school nurse daily for symptom monitoring to ensure optimal management of their concussion.

Graduated return-to-sport (RTS) strategy

This table has been adapted based on the "Consensus Statement on Concussion in Sport: The 5th International Conference on Concussion in Sport held in Berlin, October 2016"

Step	Aim	Activity	Goal of each step
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate
3	Sport-specific activity	Running or skating drills. No head impact activities	Add movement
4	Non-contact activity	Harder training drills, eg, passing drills. May start progressive resistance training	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff and return to PE activities
6	Return to Sport	Normal game play	Clearance by BSCSD Medical Director

- NOTE: An initial period of 24–48 hours of both relative physical rest and cognitive rest is recommended before beginning the RTS progression. There should be at least 24 hours (or longer) for each step of the progression. If any symptoms worsen during exercise, the athlete should go back to the previous step. Resistance training should only be added in the later stages