

Return to play following a Concussion:

Upon being diagnosed as having a concussion, a student athlete must remain out of participation in all forms, until 100% symptom free. Once asymptomatic for 24 hours, a student athlete may begin return to play protocol with Certified Athletic Trainer. All steps must be completed under direction of the ATC, and under the supervision of sports medicine staff. Each step must be separated by 24 hours. If any symptoms return during completion of a step, the student athlete is to discontinue at that time. This step may be attempted again in 24 hours. If symptoms return at any point during the 24 hour break between steps, the student athlete must wait another 24 hours before re-attempting the failed step. A post-concussion ImpACT test must also be passed prior to being cleared to return to sport.

Return to play protocol following asymptomatic 24 hours:

- Step 1: Complete 15 minutes of light cardio. Jog or bike
- Step 2: Complete 15 minutes of high intensity cardio. Run/sprint
- Step 3: Sport specific drills. Warm up with team, agility drills, non-contact drills, no live situations
- Step 4: full practice, full-contact
- Step 5: cleared back to competition

**Complete Rest is the best treatment for a concussion. This means NO physical activity, NO movies, television, video games, or smart phones. Remember, nothing can speed up your recovery from a concussion, but YOU certainly can SLOW it down.