



THESA Concussion Management Guidelines

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Players must have a current sport physical and a concussion baseline test prior to playing THESA Football.

While these are obtained separately, they are both required for participation in THESA Football.

Athletes will be concussion baseline tested every 2 years prior to participation. Physicals are required annually.

Failure to do so will make the athlete ineligible.

How the Concussion Protocol works:

1. All athletes must be baseline tested prior to any contact practices. Ben Hogan will be conducting the testing.
2. If a player experiences an injury and a concussion is suspected, they will be **immediately** removed from play and will not be permitted to return to the game/practice until written clearance is received from a physician. If a player is suspected to have a concussion, they **MUST** go through the entire protocol.
3. **Immediate and emergency care can be from any licensed physician** (ex. ER or Urgent Care Center), but ***THESA Football requires clearance paperwork for return to play protocol to come from an ImpACT credentialed physician.*** Any player that receives a concussion, or is suspected to have a concussion will need to schedule an appointment with an ImpACT Credentialed Physician. THESA has partnered with Ben Hogan Concussion Center in Fort Worth and athletes are encouraged to go there for post injury care and clearance. Ben Hogan has ImpACT credentialed physicians on staff and is a leader in current protocol for post concussive care.
4. Athletes will not be readmitted to practices or allowed on game sidelines until cleared by an ImpACT Credentialed physician. The athlete must have a *written note* signed by an ImpACT approved physician.
5. Once the player receives *written clearance* and submits a signed release from the physician to THESA Football staff, they will need to conduct the Progressive Steps *on their own* (outside practice) as directed by the physician. Players are NOT allowed to return to practice or stand on game sidelines until they are cleared for full contact.
6. **The first day of reentry or contact may not be a game.** An athlete must go through one contact practice before resuming game participation.

At no time is a player that is not cleared for full contact due to a concussion injury permitted to be at practices or on the game sideline.

Parents are responsible for ensuring their athlete stays out of areas where re-injury could occur, including, but not limited to sidelines.

Recommended Clinic:
Texas Health Ben Hogan Concussion Center
Fort Worth
Sports Medicine Clinic
800 5th Ave #402
(817) 250-6870

*Athletes may receive clearance from any ImpACT Physician, but the THESA Football Protocol was developed with the Ben Hogan Clinic Fort Worth



THESA Concussion Management Protocol and Return to Play Guidelines

Steps of THESA Football Concussion Protocol

- Step 1: Athlete is ImPACT baseline tested prior to starting practices.
- Step 2: Athlete is pulled if concussion injury is suspected and entered in the Concussion Protocol. Once a player is suspected, they **MUST** go through the entire protocol. Evaluation for a concussion at an emergency facility is considered a suspected concussion and the athlete **MUST** go through the entire protocol and receive written clearance from an ImPACT Credentialed Physician.
- Step 3: Athlete seeks care from physician. Immediate care can be from any physician, but clearance for return to play (concussion clearance) **MUST** come from an ImPACT Credentialed Physician.
- Step 4: Player is evaluated to have a concussion. They are not permitted at practices or on game sidelines until fully cleared for contact. If the player is evaluated and *not* considered to have a concussion, a signed physician's note clearing them for contact **MUST** be submitted.
- Step 5: Player with a concussion is cleared by ImPACT Physician. They will begin the Progressive Steps of exercise on their own, **NOT** at practices. They may only return to practices **AFTER** they have completed the progressive exercise steps and are ready for full contact.
- Step 6: Progressive Steps of exercise are completed. Player may return to practices. The first day of contact after returning **MUST** be a contact practice, **NOT** a game.

At no time is a player that is not cleared for full contact due to a concussion injury permitted to be at practices or on the game sideline

CDC Guidelines for Return to Play Progression

found at: http://www.cdc.gov/headsup/providers/return_to_activities.html

Highlighted areas reflect THESA Football's Concussion Policy

There are five gradual steps to help safely return an athlete to play:

Baseline: No Symptoms **ATHLETE NOT PERMITTED AT PRACTICES OR GAME SIDELINES****

As the baseline step of the Return to Play Progression, the athlete needs to have completed physical and cognitive rest and not be experiencing concussion symptoms for a minimum of 24 hours. *Keep in mind, the younger the athlete, the more conservative the treatment.*

Step 1: Light aerobic activity **ATHLETE NOT PERMITTED AT PRACTICES OR GAME SIDELINES****

The Goal: Only to increase an athlete's heart rate.

The Time: 5 to 10 minutes.

The Activities: Exercise bike, walking, or light jogging.

Absolutely no weight lifting, jumping or hard running.

Step 2: Moderate activity **ATHLETE NOT PERMITTED AT PRACTICES OR GAME SIDELINES****

The Goal: Limited body and head movement.

The Time: Reduced from typical routine.

The Activities: Moderate jogging, brief running, moderate-intensity stationary biking, and moderate-intensity weightlifting

Step 3: Heavy, non-contact activity **ATHLETE NOT PERMITTED AT PRACTICES OR GAME SIDELINES****

The Goal: More intense but non-contact

The Time: Close to typical routine

The Activities: Running, high-intensity stationary biking, the player's regular weightlifting routine, and non-contact sport-specific drills. This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.

Step 4: Practice & full contact **ATHLETE IS PERMITTED TO RETURN TO PRACTICES AND GAME SIDELINE****

The Goal: Reintegrate in full contact practice.

Step 5: Competition

The Goal: Return to competition.