What to do in the event of a concussion

Assess the athlete's symptoms to determine if he/she should be transported for emergency management

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Remove the athlete from play and closely monitor symptoms

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Athlete may re-enter contest only if he/she is exhibiting none of the concussion signs or symptoms. If you have any suspicion that your athlete has a concussion, they may not re-enter.

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Ensure the athlete is seen by a qualified health care professional (physician, athletic trainer) for assessment and a **definitive diagnosis of concussion.** Ensure the health care professional is aware that the athlete has completed an ImPACT baseline assessment and have a retest performed.

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Allow the athlete to return to play only with permission from a health care professional and following completion of an incremental staged return to play process (see below), and the athlete's ImPACT testing has returned to their baseline results.

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Post-concussion Impact/Biodex should not occur until 48-72 hours post injury.

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RETURN TO PLAY CRITERIA

Each step should be separated by at least 24hrs. of symptom reoccurrence.

If reoccurrence of any of the signs or symptoms of concussion happen at any step, the athlete drops back to the previous step. You may need to follow up with an ImPACT & Biodex test to determine return to baseline status.

No physical activity: rest until athlete is asymptomatic

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Light aerobic exercise

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Sport Specific Training

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Non-contact drills

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Full contact drills (pending assessment and scores)

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Return to play