

PROCEDURES FOR CONCUSSIONS AND HEAD INJURIES

RETURN TO PLAY PROTOCOL: (minimum 5 day return)

When athlete has been without symptoms such as but not limited to (headache, vertigo, dizziness, nausea/vomiting, light and sound sensitivity) for a minimum of 24 hours:

- **Step 1** – 15-20 minutes stationary bike or jogging
- **Step 2** – 15 minutes jogging/15 minutes footwork
- **Step 3** – 30 minutes running and footwork combined; non-contact sports specific drills (may be as part of a team practice)
- **Step 4** – 15 minute running (before team practice); contact/ full team practice
- **Step 5** – Full team practice/game with no restrictions

Student-athlete must be without any sign of concussion/head injury during each step of activity and remain so until the next day to proceed to the next step. If symptoms reoccur activity must be stopped immediately.

If symptoms reoccur, the student-athlete must return to previous level but, only after being asymptomatic for 24 hours.

Student-athlete must check in before and after each step occurs.

Adopted: October 24, 2012
Reviewed: October 11, 2012