

Concussion Protocol for Allen Park High School

Allen Park High School/Henry Ford Health System

Return to Play Protocol

1. Online Testing: Athlete must take Impact online post-test with the athletic trainer and pass per physician's recommendations.
2. Light Aerobic Exercise (day 1): After you are symptom-free for 24 hours, try non-impact activities such as stationary bike, elliptical, or swimming for 20-30 minutes. Keep heart rate at 60% of your maximum heart rate. **(220 – your age x .60)**
3. Exercise (day 2): May include non-impact activity for 45 minutes or a combination of non-impact and impact activities for 45 minutes
4. Non-contact training/practice drills (day 3): Can participate in practice, but nothing that would require contact (scrimmaging, drills that are 1v1, etc)
5. Full contact training/practice (day 4): Must have clearance from a physician to return to contact
6. Return to competition (day 5): must have final clearance with MHSAA compliant note signed by physician, parent and student

** Athlete must check in with athletic trainer at APHS for clearance to proceed to next step.

** If symptoms return at any time during exercise, **stop** and let the athletic trainer know. The athlete will repeat that same step once he/she is symptom free for a full 24 hours.

** Athletic trainer will communicate directly with coaches regarding athlete's status.

APHS Athletic Trainer: Meaghan Rourke rourke@appublicschools.com

HFHS Sports Concussion Clinic: concussion@hfhs.org; 313-972-4216