

RUSK ISD Concussion Protocol

Concussion Management Team:

Scott Schwartz High School Principal-Oversees Program

Dr. Mark Morris, MD (Licensed Physician)

Daniel Easley MA, ATC, LAT (Athletic Trainer)-Primary contact

- The athletic trainer will insure all the steps are taken and all forms/releases/statements are received from the physician, parents, etc.
 - When all of the steps are complete, the athletic trainer will email the Superintendent, letting them know the situation, verifying that all paperwork is complete and all steps in the protocol have been followed.
 - The Superintendent will ask any questions, and are free to view any documents, and will confirm or deny via email/or in writing that the student is released to play.
 - The concussion management team may meet to view all documents in order to make a decision if any member of the team believes it is necessary.
 - The licensed physician is to be used to answer any questions in regards to a concussion and will be used to answer any other questions.
-

A student removed from an interscholastic athletics practice or competition (suspected of having a head injury) **may not be permitted to practice or compete again** following the force or impact believed to have caused the head injury **until:**

(1) The student has been evaluated by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make medical decisions for the student. **The physician must complete and return the SCAT2 Evaluation tool.**

(2) The first two steps are required before the student begins the protocol.

Step 1: Physician clearance to begin activity

Step 2: No activity for 24 hours after the athlete is symptom free

After the first two steps are met, the progressions will advance at the rate of **one step per day**. The progressions are:

Day 1: Light aerobic exercise with no resistance training

Day 2: Sport specific activity

Day 3: Non-contact training drills with resistance training

Day 4: Full contact training drills

Day 5: May return to competition (after being cleared by the treating physician and the Return to Play form is signed and completed by parent and athletic trainer (see step 4).

****Note – Athlete progression continues as long as athlete is asymptomatic at current activity level. If the athlete experiences any post concussion symptoms, he/she will wait 24 hours and start the progressions again at the beginning. ****

****Note – A licensed physician must see the athlete initially and the same licensed physician must clear the athlete for return to play, an emergency room physician does not count as the initial visit. Physician assistants by law are not allowed to clear an athlete for return to play from a concussion.****

(3) The treating physician will provide a **written statement** indicating that, **in the physician's professional judgement, it is safe for the student to return to play.**

(4) The student and the student's parent or guardian or another person with legal authority to make medical decisions for the student **must complete and return to the school athletic trainer the U.I.L. "Concussion Management Return to Play Form."**