

Hamburg Central School District

Return to Play Protocols

The following protocol has been established in accordance to the National Federation of State High School Associations and the International Conference on Concussion in Sport, Prague 2004.

When an athlete shows **ANY** signs or symptoms of a concussion:

1. The athlete will not be allowed to return to play in the current game or practice.
2. The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following the injury.
3. The athlete should be medically evaluated following the injury.

The cornerstone of proper concussion management is rest until symptoms diminish, followed by clearance from a health care provider; such as physician, nurse practitioner, or physician assistant. Once the student-athlete meets these criteria, they will begin a graded program of exertion before return to sport. The program is broken down into steps in which only one step is covered a day. The steps involve the following:

1. Symptom-limited activity - daily activity that does not provoke symptoms.
This is where they are reintroduced to school activities. No sports participation.
2. Light aerobic activity - walking or stationary cycling at slow to medium pace.
No resistance training.
3. Sports-specific exercise - running or skating drills. No head impact activities.
4. Non-contact training drills - harder training drills, may start progressive resistance training.
5. Full contact practice - normal training
6. Return to full sport

There must be a full day between each step. You can only perform 1 step per day.