

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 injury.
3. The athlete should be medically evaluated following the injury.
4. Return to play must follow a medically supervised stepwise process.

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 six steps in which only one step is covered a day. The six steps involve the following:

1. Low impact, non-strenuous, light aerobic activity.
2. Higher impact, higher exertion, moderate aerobic activity. No resistance training.
3. Sport specific non-contact activity. Low resistance weight training with a spotter.
4. Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.
5. Full contact training drills and intense aerobic activity.
6. Return to full activities.