



LCSD Concussion Policy

Steps for return to play

Once you are symptom-free with normal neurological examination, off all medications related to this concussive injury, and cleared by your physician, you may begin the Graded Return to Play Protocol as outlined on the FHSAA form AT18 under the supervision of an athletic trainer, coach, or other health care professional.

The FHSAA Return to Play (RTP) Criteria: Concussion Management

1. No athlete should return to play (RTP) or practice on the same day of a concussion. "When in doubt, sit them out!"
2. Any athlete suspected of having a concussion must be evaluated by an AHCP as soon as possible and practical.
3. Any athlete who has sustained a concussion must be medically cleared by an AHCP prior to resuming participation in any practice or competition.
4. After evaluation and examination by an AHCP, return to play must follow a step-wise protocol as defined by the "Graded Return to Play Protocol" form and under the supervision of an AHCP, Athletic Trainer, coach, or other health care professional. Form AT18 (Post Head Injury/Concussion)
5. A written medical clearance from an AHCP is required for return to competition. Form AT18

Each step should take at least 24 hours to complete. Each step must be dated and initialed after completion. No step can be skipped.

Day 1) Light aerobic exercise (HR <70% max)
Ex. Walking or stationary bike

Day 2) Sport-Specific Exercise
Resume non-contact training drills that are sport specific. For example, football quarterbacks may resume sideline throwing.

Day 3) Non-Contact Training
Complex drills that are sport-specific; non- contact practice

Day 4) Full contact practice

If you experience any return of symptoms at any time during the protocol, immediately stop participation and notify your athletic trainer, coach, or parents. Wait at least 24 hours or until you are asymptomatic. When you are again asymptomatic, drop back to the previous asymptomatic level and resume protocol.

Once these 4 steps have been completed:

- Have the Graded Return to Play Protocol (FHSAA Form AT18 pg. 1) signed by a licensed athletic trainer, coach or AD verifying completion.
- You must sign the form to attest that you completed the protocol
- Submit the protocol to your physician for review
- Your physician must then initial the completed protocol and sign the

Return to Competition Affidavit (FHSAA Form AT18 pg. 2)

Only when protocol is complete and all forms are on file with the athletic director are you then cleared for full return to participation without restrictions.