



CONCUSSION PROTOCOL

If athlete has a suspected head injury, **the coach will:**

Remove Student from play immediately

Call 911 if needed

- 1) **Contact athletic trainer (ATC) immediately and monitor the athlete's signs and symptoms.**
1. *If ATC is available, the ATC will perform a concussion evaluation. If ATC is not available, the coach will continue to monitor symptoms and use their best judgment for immediate referral needs.
- 2) **Notify athlete's parents** to report the suspected concussion ASAP. (The ATC will also call parents).
- 3) The ATC will **review the red flags and return to play protocol requirements with parents**, and recommend they schedule an appointment with their physician or make an appointment with the Children's Hospital concussion program or appropriate medical facility.
- 4) Once an evaluation has taken place, the coach is to **inform the building AD** of the incident ASAP.
- 5) The ATC will **email the school nurse** within 24 hours of the concussion evaluation.
- 6) The ATC and the AD will **communicate academic relief to the teachers** of the student.
- 7) The athlete will be cleared to return to sports and full academic activity **only when cleared by physician**, nurse practitioner or physician assistant. A **note** must be obtained **indicating medical clearance**. The ATC will notify the school nurse when athlete has gained **medical clearance**. The **ATC, along with the physician assigned to the school**, will provide final clearance of the athlete to return to activity/sport assuring the **return to play protocol** has been followed.

Concussion Information

CHILDREN'S HOSPITAL COLORADO RETURN TO PLAY PROTOCOL FOR CONCUSSION

A concussion is a type of mild brain injury. Every concussion should be taken seriously and be followed by a health care provider who has expertise in brain injury. In the initial period of recovery following a concussion, athletes should generally "take it easy" to allow the brain time to rest and heal. Athletes should be free of all concussion-related symptoms (e.g. headache) before starting the return to play protocol. An easy walk around the neighborhood is okay while still symptomatic, but should not count as step 1. Once the athlete is entirely free of symptoms and a health care provider says it is medically safe, returning to play should occur in a gradual, step-wise fashion, as follows:

- 1) Light aerobic exercise such as brisk walking or stationary cycling for 15-20 minutes.
- 2) Sport specific exercise such as skating in hockey or dribbling in soccer with minimal resistance from other players for 30-45 minutes.
- 3) Non-contact practice with the addition of resistance such as blocking pads in football for 1-2 hours.

MEDICAL CLEARANCE NEEDED BY A HEALTH CARE PROVIDER

- 4) Full contact practice. An example would be full pads and contact in hockey or football practice.
- 5) Competitive game play, including tournaments.

With this stepwise progression, the athlete should continue to proceed to the next step if free of symptoms at the current step. There should be a 24 hour period between each step. If any symptoms reoccur, the athlete should drop back to the previous step and try to progress again after 24 hours of rest. Remember, medical clearance by your health care provider is required before returning to play in any sport.

Health Care Provider's Signature

Date

If your school or coaches have any questions or concerns,
contact Children's Colorado Concussion Program at:

720-777-2806

More information about concussion is also available through our website: www.childrenscolorado.org/concussion