

La Jolla High School Vikings Football Concussion and Return to Play Fact Sheet

In the La Jolla High School Football program the health and safety of our players is of paramount importance. CA State law AB 2127 establishes the return to play protocol for a player with a concussion. It should be noted that AB 2127 requires the football program to immediately remove an athlete from an athletic activity for the remainder of the game if the athlete is “suspected” of sustaining a concussion. Furthermore, the player is prohibited from returning to the athletic activity until the athlete is evaluated by a physician, and receives written documentation that a concussion was not diagnosed. The following applies only to players that have been diagnosed with a concussion. CIF adopted the provisions of the State law and defines 3 stages a player must progress through before they can be cleared for competition.

Key elements of the protocol:

- A diagnosis of a concussion must be made by a physician
- A player must be symptom free before beginning the return to play (RTP) protocol
- A player must have written permission from a physician to begin the RTP stages
- A certified athletic trainer must monitor progress through the stages and sign off on completion
- Stages:
 1. **Stage I:** 2 symptom free days after being cleared by a physician
 2. **Stage II:** Progressive activity stage; divided into 4 phases(IIA-IIID)
 - i. Cannot progress more than 1 phase per day
 - ii. Must remain symptom free at each level of increased exertion
 - iii. If symptoms return at any level of exertion, stop, and begin activity at the prior level without symptoms the next day
 3. **Stage III:** Return to contact; A minimum of 6 days must have passed from being diagnosed with a concussion before a player can be cleared for Stage III.
 - i. Begin with light contact and progress to full contact over a minimum of 2 days if player remains symptom free
 - ii. It is mandatory that at least 1 full contact practice be completed symptom free before a player can be cleared to return to competition
- In order to successfully complete the CIF RTP protocol safely, a player will not be eligible to participate in competition the week after sustaining a concussion if it occurred during a game