

MANAGEMENT OF CONCUSSION:

Management of concussion will follow in accordance with Substitute Senate Bill No. 456, Public Act No. 10-62, An Act Concerning Student Athletes And Concussions.

Any student athlete who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred will immediately be removed from participating in any intramural or interscholastic athletic activity.

The student athlete will not be permitted to participate in any supervised team activities involving physical exertion, including, but not limited to, practices, games or competitions, until such athlete receives written clearance to participate in such supervised team activities involving physical exertion from a licensed health care professional trained in the evaluation and management of concussions.

Following clearance pursuant to the above paragraph, no student athlete will be permitted to participate in any full, unrestricted supervised team activities without limitations on contact or physical exertion, including, but not limited to, practices, games or competitions, until such student athlete (A) no longer exhibits signs, symptoms or behaviors consistent with a concussion at rest or with exertion, and (B) receives written clearance to participate in such full, unrestricted team activities from a health care professional trained in the evaluation and management of concussions.

In order to determine if a student athlete no longer exhibits signs, symptoms or behaviors consistent with a concussion at rest or with exertion, the student must complete the following return to play protocol:

- Day 1: walk 20-30 minutes (2.5mph on treadmill)**
- Day 2: jog 20-30 minutes (3.5mph on treadmill)**
- Day 3: run 20-30 minutes (4.0-4.5mph on treadmill)**
- Day 4: drills/sprints/agility, NO contact**
- Day 5: practice with contact**
- Day 6: game**

Return to play protocol may begin (A) when student athlete is symptom free after 1 full day of school without medication, (B) when student athlete is symptom free after 2 days of no school and no medication, and/or (C) as directed by a health care professional trained in the evaluation and management of concussions. If symptoms develop during any of these steps, the student athlete returns to the previous step where there were no symptoms and progresses from there.

For purposes of these Standing Orders, "licensed health care professional" means a physician, a physician assistant, and/or an advanced practice registered nurse.