



Every Student Matters, Every Moment Counts

Morton School District #214
Home of the Timberwolves!

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Morton Jr/Sr High School

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Morton Elementary School

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Concussion Management Protocol

Student-athletes dealing with the effects of a concussion are best served with a coordinated plan that has them safely return first to their educational setting and then, when cleared to safely return, to their athletics/activities.

Identification/Suspicion of a Concussion

Anyone can be the source of identifying a potential concussion in a student-athlete. Coaches are to be aware that officials, assistant coaches, parents, or others who are watching may inform them that a student-athlete has a potential concussion. Coaches are to act immediately by removing a student-athlete from the event and begin the concussion protocol.

Communication

Coaches need to inform the Athletic Director of student-athletes who are in concussion protocol. Athletic Directors will work with the coach on progressing through the protocol, as well as being the point of contact for school administrators.

Return To Play Process

1. **Complete Cognitive Rest:** This may include staying home from school or limiting school hours (and studying). Activities requiring concentration and attention can worsen symptoms and delay recovery.
2. **Return to School Full-time:** Learning modifications may be needed to assist in accomplishing a return to full-time school.
3. **Light Exercise:** This step begins once the student-athlete is no longer having symptoms and is cleared by a physician for such activity.
4. **Increasing Exercise:** Running in the gym or on the field, or other more extraneous exercises can be added when the student-athlete is directed to do so by a physician, or they have met parameters set by a physician.
5. **Non-Contact Drills in Full Equipment:** Student-athletes can return to drill work with their team when the student-athlete is directed to do so by a physician, or they have met parameters set by a physician.
6. **Full-Contact Practice and/or Training:** Once cleared by a physician, using the [WIAA form](#), student-athletes are cleared to begin full practices and/or training.
7. **Competition Participation:** After completing the full return to play process and being cleared by a physician on the proper [WIAA form](#) student-athletes are then able to participate in competitions.

The Morton School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Title IX Coordinator/ADA Coordinator/Civil Rights Compliance Coordinator and Superintendent John Hannah, 152 Westlake Avenue, Morton, WA, 98356, 360-496-5300, jhannah@morton.k12.wa.us, or Section 504 Coordinator Becky Brooks, 152 Westlake Avenue, Morton, WA, 98356, 360-496-5137, b Brooks@morton.k12.wa.us.