

## Sullivan High School Concussion Return To Play Protocol

Once an athlete has been treated for concussion symptoms and is deemed to have a concussion, he or she is then pulled from competitions and practices until symptom free and has passed a return to learn/play progression

First step is to, once 24 hours symptom free, take the IMPACT post injury test. If test scores are lower they will continue to take the post injury test until scores match that of their baseline test (Taken before season starts). When test scores match that of the initial baseline he/she will start a 5 day progression back to full practice/competition.

Day 1: 15 to 20 minutes of light aerobic exercise (bike, elliptical or treadmill).

Day 2: 30 minutes of moderate intensity aerobic exercise (player is breaking a sweat).

Day 3: 45 minutes of sport specific exercise with no contact (no heading in soccer).

Day 4: return to full practice without live contact.

Day 5: Return to full participation.

Should there be any return of symptoms throughout this progression the athlete will start over from the last day they performed exercise and had no symptoms.