

Concussion Legislation & Information Sheet

In accordance with state law, if an athlete is suspected of having a Traumatic Brain Injury (TBI), they must be removed from the event and be evaluated by a medical professional trained in the evaluation and management of head injuries before continued participation. If it is determined that the athlete is exhibiting signs and symptoms consistent with a concussion, they may not return to play that day and must be evaluated by an MD or DO and given written clearance to return to play. This person will not be a TPS employee.

If medical personnel recommended by TPS is covering an athletic contest and deems an athlete should be withheld from participation, a coach, parent, or guardian does not have the authority to override the recommendation of medical personnel to withhold the athlete from participation and return that athlete to play.

As a student-athlete, TPS is concerned about the individual's ability in the classroom and their return-to-learn. When an athlete sustains a concussion, the head coach should notify the following individuals by phone or e-mail so that the student-athlete's academic progress may be monitored and accommodations can be made where needed. The head coach should notify the site Athletic Trainer, Athletic Director, Coordinator of Sports Medicine, school nurse, attendance clerk, and the student's vice principal and counselor. The counselor or vice principal should notify the student's teachers so they can make classroom accommodations if needed.

When an athlete receives written clearance to return to athletic participation, this clearance must be kept on file with the coordinator of sports medicine. Upon clearance, the athlete will begin a 5 step return to play protocol that will take no less than 5 days. The criteria to advance to the subsequent step are that the previous step be completed with no recurrence of any concussion-like symptoms. If symptoms return during a step, the activity will cease and the step will be attempted the following day. These steps are as follows:

- (1) Light aerobic activity for 10-15 minutes (e.g. jogging, biking, elliptical machine)
- (2) Increased aerobic activity and add anaerobic activity (e.g. weights, sprints, running bleachers/steps, calisthenics)
- (3) Individual sport specific non-contact drills (e.g. shooting, passing routes, dribbling, throwing)
- (4) Light contact activity (e.g. 7 on 7, defensive/offensive individual drills)
- (5) Full contact practice
- (6) Return to full participation