

## FCDS Concussion Protocol

- For Football (and those with a history of concussion in other sports) each High School student has a baseline done on the Impact Software (neurocognitive testing) prior to their first contact practice.
- Sideline testing by the Athletic Trainer or Team Physician of the athletes symptoms will determine the existence of a concussion
- Post injury the athlete will be again Impact tested to help establish the severity of injury and help map out the duration they are removed from activity. This duration will be a minimum of 7 days that may be extended depending on the duration of their symptoms or the recommendation of their primary care physician or concussion specialist.
  - The athlete's injury will be communicated to their school division administration assistant to aid in communication with that student's teachers as to what they may expect from this student in the classroom during this period if necessary or requested.
- After the cessation of symptoms and 7 days of adequate rest we will again do an Impact evaluation to decide if we can begin adding physical stress or in the presence of a satisfactory first evaluation post injury we will begin to follow the progression suggested by the Prague protocols as follows
  1. No activity, complete rest. Once asymptomatic, proceed to levels using the following:
  2. Light aerobic exercise such as walking or stationary cycling, no resistance training. (can take place over the weekend)
  3. Sport specific exercise (running in soccer, etc.) progressive addition of resistance training at steps 3 or 4.
  4. Non-contact training drills.
  5. Full contact training and/or exertional testing after medical clearance.
  6. Game play.

This progression will be over 7-10 days for return to play with a minimum of 7 days for those injuries in non-collision sports.

**This concussion management/return to play protocol is school policy and will be followed despite the athlete presenting with a prescription note to return to play sooner from their primary care physician or Emergency room.**