

Procedural Information

Procedures

The return to play progression is a 6-step process. At least 24 hours must pass before moving on to the next step. If symptoms return, the athlete must go back a step. The steps are as follows:

1. No activity- Directly after being diagnosed with a concussion, the athlete should have total physical and mental rest. Once the student-athlete is asymptomatic at rest and concussion test scores are 95% or better than the baseline scores, the athlete will progress to the next step.
2. Light aerobic exercise- Walking, swimming, or biking while keeping heart rate below 70% of max.
3. Sport-specific exercise- Basic low impact drills associated with the athlete's sport. (No head impact activities)
4. Non-contact training drills- Progress to more complex drills.
5. Full contact practice- After receiving medical clearance from supervising physician, athlete may resume normal training activities.
6. Return to play

Some Signs and Symptoms:

Policy Information

Issuing Office

Student Affairs

Affected Parties

All students participating in and employees coordinating club sports

Policy Language

Hockey, Wrestling, Tae-kwon-do, Figure Skating, Synchronized skating, and Lacrosse athletes will be required to do baseline screening for concussions every other year. For any other team it will be optional and will be done if requested from the coach.

In order to keep a patient from further harm or damage after a concussion, it is imperative that the participant communicates with the athletic trainer regarding head injury, no matter how minor. It is also important for other teammates and coaches to spot abnormal behavior and concussive symptoms and report observations to the athletic trainer immediately. Hiding it or continuing to play can lead to serious harm, further damage to the brain, and prolonged recovery time. Coaches will be given a separate handout regarding concussions, and the Coordinator for Athletic Training will be at one of the first team meetings to go over signs and symptoms as well as proper procedure.

Any athlete diagnosed with a concussion will not return to play until they have been cleared by a Licensed Health Care Provider (ex. ATC and Physician).

Policy Rationale

Concussions are a serious medical condition that needs to have proper care and treatment like any other injury.

Definition of Glossary Terms

None specified

Difficulty concentrating
Nausea/vomiting
Inappropriate playing behavior
Dizziness
Decreased playing ability
Confusion
Inability to perform daily activities
Fatigue
Reduced attention
Light-headedness
Cognitive and memory dysfunction
Headaches
Sleep disturbances
Irritability
Vacant stare
Disorientation
Loss of bowel and/or bladder control
Seeing bright lights/stars
Personality change
Feeling of being stunned
Unsteadiness of gait
Depression
Slurred/incoherent speech
Ringing in the ears
Loss of consciousness

Sanctions

None specified

Exceptions

None