

Nampa School District Concussion Management Plan – Summarized

(1) Mandatory Parent/Athlete Meeting

(2) Baseline ImPACT Testing

(3) Biennial Concussion Training for Athletic Trainer(s) and Coaches

(4/5) Removal from Play Protocol

- STEP 1: MONITOR
- STEP 2: IS THERE AN EMERGENCY?
- STEP 3: ENSURE ATHLETE RECIEVES A MEDICAL EVALUATION with AT on Site
- STEP 4: SIDELINE EVALUATION
- STEP 6: COMMUNICATE with AT on site
- STEP 7: COMMUNICATE WITH PARENT/GUARDIAN
- STEP 8: COMMUNICATE WITH SCHOOL PERSONNEL

(6) Return to Learn Protocol

*Athlete - Team Travel Restrictions.

Return-to-Learn Plan			
Stage#	Stage	Activity	Objective
1	No activity	Complete cognitive rest – no school, no homework, no reading, no texting, no video games, no computer work.	Recovery
2	Gradual reintroduction of cognitive activity	Relax previous restrictions on activities and add back for short periods of time (5-15 minutes at a time).	Gradual controlled increase in subsymptom threshold cognitive activities.
3	Homework at home before school work at school	Homework in longer increments (20-30 minutes at a time).	Increase cognitive stamina by repetition of short periods of self-paced cognitive activity.
4	School re-entry	Part day of school after tolerating 1-2 cumulative hours of homework at home.	Re-entry into school with accommodations to permit controlled subsymptom threshold increase in cognitive load.
5	Gradual reintegration into school	Increase to full day of school.	Accommodations decrease as cognitive stamina improves.
6	Resumption of full cognitive workload	Introduce testing, catch up with essential work.	Full return to school.

(7) Return to Play Protocol

In accordance with the Centers for Disease Control and Prevention (CDC), the **Return-to-Play Protocol begins with Return-to-Learn** (successfully tolerating school- resumption of full cognitive workload) and there is a six step process gradually returning the athlete to normal activities. *There is a minimum 24-hour period between each step.* If at any time the athlete’s concussion symptoms reoccur they must return to the previous asymptomatic level and reattempt progression after a further 24-hour period of rest has passed. Throughout the process, team travel restrictions may limit the student’s ability to travel with team to events – case by case basis.

Graduated Return-to-Play (RTP) Process

- Stage 1 - Rest until asymptomatic (physical and cognitive rest) - Possible Team Travel Restrictions
- Stage 2 – Light aerobic activity (light jogging, stationary bike or treadmill) - Possible Team Travel Restrictions
- Stage 3 – Moderate exercise (moderate jogging, brief running, or stationary biking) - Possible Team Travel Restrictions
- Stage 4 – Non-contact sport specific drills and light weight training - Possible Team Travel Restrictions
- Stage 5 – Full-contact drills and training with MEDICAL CLEARANCE - Possible Team Travel Restrictions
- Stage 6 – Return to competition - Possible Team Travel Restrictions