

MARENGO COMMUNITY HIGH SCHOOL
CONCUSSION/HEAD INJURY-RETURN TO PLAY PROTOCOL

Coaches, student athletes, parents and guardians of student athletes will be educated in the nature and risk of concussions and head injuries, including continuing to play after a concussion or head injury through education materials provided by the IHSA or Centers for Disease Control and Prevention (CDC). Parents will read and sign the concussion information sheet at the beginning of the sports season that is issued by the IHSA. Marengo Community High School follows the IHSA *Protocol for NFHS Concussion Playing Rules* and its *Return to Play Policy* as listed below:

Procedure

1. A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game is removed from participation or competition at that time by IHSA official, coach, or Certified Athletic Trainer.

**If the Athletic Trainer is not available, the athlete will not return to practice or play. The coach will decide if 911 should be called. The parent (s) should be called and be informed of the child's condition. If 911 is called, an administrator should be contacted immediately.*

Per the National Federation of High School Associations there are some situations in which you may need to call 911. The following circumstances are medical emergencies:

1. Any time an athlete has a loss of consciousness for any duration. While loss of consciousness is not required for a concussion to occur, it may indicate a serious brain injury.
2. If an athlete exhibits any of the following: decreasing levels of consciousness, looks very drowsy or cannot be awakened, if there is difficulty of getting attention, irregularity with breathing, severe or worsening headaches, persistent vomiting or seizures.
2. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury is not allowed to return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a Certified Athletic Trainer.
3. If not cleared to return to that contest, a student athlete is not allowed to return to play or practice until the student has provided his or her school written clearance from a physician licensed to practice in all its branches in Illinois or a Certified Athletic Trainer working in conjunction with a physician licensed to practice medicines in all its branches in Illinois.

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4. The student athlete's parent/guardian will be informed about a possible concussion/head injury and medical recommendations will be given. The parent then will need to provide documentation to the school in regards to the athlete's medical status and plan of care provided by his or her physician.
5. If the student must complete the Return-to-Play protocol (and Return-To-Learn protocol if applicable) the Post-Concussion Consent Form (RTP/RTL) must be signed prior to beginning protocol(s).
6. If the athlete is participating in the Return-to-Play protocol and the Return-Learn-Protocol they must complete both protocols prior to complete return to participation.

Return-To-Play

When an athlete is referred for further medical evaluation the physician's note and his/her recommendations will be followed in regards to release to sports participation. The athlete must have a physician's written release to return to his/her sport. The physician may also recommend the athlete follow a Graduated Return-To-Play protocol prior to returning to their given sport.

***In the event a physician releases an athlete back to participation and the athlete still demonstrates signs or symptoms the Certified Athletic Trainer has the right to hold the athlete from sports participation and follow a Graduated Return-To-Play Protocol after asymptomatic for 24 hours.

Graduated Return-To-Play Protocol:

The athlete must be asymptomatic for 24 hours prior to return to non-contact activity. The athlete will then return through a graduated return-to-play secondary to being asymptomatic. An athlete will only progress to the next step if asymptomatic; however, if symptoms return the graduated return will be restarted.

Step 1: If cognitive baseline testing was performed at the beginning of the school year and is applicable, the athlete must re-test against cognitive baseline testing that was performed prior to the start of the athletic season.

Step 2: The athlete may perform up to 30 minutes of non-contact light aerobic activity.

Step 3: The athlete may perform 30-60 minutes of non-contact light aerobic activity with sports specific skills.

Step 4: The athlete may participate in an entire practice with non-contact drills. Athlete may also begin weightlifting and resistance training at this time.

Step 5: The athlete may return to full participation in practice with full contact.

Step 6: If no symptoms return Step 5, the athlete will then be cleared to return to game participation.