



Flat Rock-Hawcreek School Corp. RETURN TO PLAY (RTP) CRITERIA

IHSAA guidelines (PRIOR to contest participation for ALL INJURIES / ILLNESSES)

- absent from 5-10 consecutive practices = must make up 4 practices
- absent from 10 or more practices = must make up 6 practices
- If days missed is < 5 consecutive practices, return to play will be determined by residing Athletic Trainer(s) with regards to the following factors...
 - injury
 - severity of injury
 - past medical history
 - sport / position played

CONCUSSIONS

ALL SPORTS

- Once diagnosed with a concussion by a medical professional the athlete must ...
 1. Be **WITHOUT** symptoms
 2. Pass evaluative test with licensed health care provider **TRAINED** in the evaluation and management of concussions/head injuries
 - ✓ *It is also highly recommended provider be certified in ImPACT neurocognitive testing*
 3. Have ImPACT post-test scores returned to individualized baseline scores (if applicable)
 4. Be released by evaluating health care provider to school assigned athletic trainer's care for **stepwise exertion testing
 5. Return original release document from evaluating physician to school assigned athletic trainer(s)

CONTACT SPORTS

- Once athlete has met above criteria he/she **MUST** proceed through **stepwise exertion testing consisting of the following AND remain symptom free following each step prior to competing in a contest...
- STEP 1 = Light aerobic activity/conditioning ONLY
- STEP 2 = Moderate activity/conditioning (may include light weightlifting and low grade plyometrics)
- STEP 3 = Heavy, sport specific noncontact drills
- STEP 4 = Full contact in controlled practice setting
- STEP 5 = Scrimmaging / full participation / contests

- #### NONCONTACT SPORTS (defined as aerobic activity only i.e. cross country, track running events, etc.)
- Athlete will be taken through a 5 step progression based on demands of sport

**** If athlete has been removed from activity for an extended period of time [To be determined by medical professional, i.e. athletic trainer(s)] stepwise exertion testing may be lengthened.**

****Each case will be reviewed individually by healthcare team allowing for RTP to be altered dependent upon current injury status / duration, age, past medical history, sport, position and level.**

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