

MaST Community Charter School Concussion Protocol

All concussions must be managed following the PIAA concussion protocol

Return to Play:

An athlete with a diagnosed concussion should not be allowed to return to play on the day of injury. No athlete should return to play until cleared by a licensed physician of medicine or osteopathic medicine (MD or DO) comfortable with current concussion management principles.

Return to play after a concussion should not occur until an athlete is asymptomatic off medications with an unremarkable physical examination and neurocognitive testing (if available). A stepwise progression is recommended beginning with light aerobic exercise and advancing every 24 hours through the following stages: sports specific exercise, non-contact training drills, full contact practice and competition. If symptoms recur at any point during this stepwise progression, the athlete should return to the previous level and wait for 24 hours before attempting further advancement. This protocol is individualized frequently depending on the needs of the athlete and demands of the sport. A more conservative approach is needed when dealing with young athletes with developing brains (athletes < 18 years of age) as little is known in regard to the long term effects of concussion in this age group.

Athletic Trainer,
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