

RIO GRANDE CITY CISD CONCUSSION PROTOCOL

I. RESPONSE TO SUSPECTED CONCUSSION

According to TEC section 38.156, a student shall be removed from an interscholastic athletics practice or competition immediately if one of the following persons believes the student might have sustained a concussion during the practice or competition.

1. A Coach
2. A Physician
3. A Licensed Athletic Trainer or Health Care Professional
4. The student's parent or guardian or another person with legal authority to make medical decisions for the student

II. CONCUSSION PROCEDURES

If a student-athlete demonstrates signs or symptoms consistent with concussion, follow the "Heads Up" 4-step Action Plan:

1. The student-athlete shall be immediately removed from game/practice as noted above.
2. Have the student-athlete evaluated by the Athletic Trainer or Trainers Aide as soon as practicable.
3. Inform the student-athletes parent or guardian about the possible concussion and give them information on concussion.
4. If it is determined that a concussion has occurred, the student-athlete shall not be allowed to return to participation that day regardless of how quickly the signs or symptoms of the concussion resolve and shall be kept from activity until a physician indicates they are symptom free and gives clearance to return to activity as described below.

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A Coach of an interscholastic athletics team may NOT authorize a student's return to play!!

III. RETURN TO ACTIVITY/PLAY FOLLOWING CONCUSSION

Rio Grande City Concussion Management Protocol supervised progression of activities should be initiated utilizing the now standardized protocol:

1. Student-athlete shall be **symptom free for 72** hours prior to initiating the return to play progression.
2. Progress continues at 24-hour intervals as long as student-athlete is symptom free at each level.
3. If the student-athlete experiences any post concussion symptoms during the return to activity progression, activity is discontinued and the student-athlete must be re-evaluated by a licensed health care professional.

IV. RETURN TO PLAY PROGRESSION

A. Phase 1: POST 72 hrs.

No exertional physical activity until student-athlete is symptom free for 72 hours. The athlete must have received written clearance from a physician and submission of the required documentation following the concussion injury in order to continue to the **RETURN TO PLAY PROGRESSION.**

B. Phase 2:

1. Day 1: When the athlete completes Phase 1, begin light aerobic exercise 5-10 minutes on an exercise bike, or light jog; no weight lifting, resistance training, or any other exercise.

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2. Day 2: Moderate aerobic exercise 15-20 minutes of running at moderate intensity in the gym or on the field without helmet or other equipment.
3. Day 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises
 - A. At Day 3, student athlete(s) must:
 - Be re-evaluated by team Physician.
 - Athletic Trainers must have written documentation from Physician allowing the student athlete(s) to return to play.
 - Complete Day 3 protocol before being allowed to progress to Day 4 & 5.
4. Day 4: Full contact practice or training.
5. Day 5: Full Game Play

V. SUBSEQUENT CONCUSSION

Any Subsequent concussion requires further medical evaluation, which may include a physical examination prior to return to participation. Written clearance from a physician is required as outlined in TEC Section 38.157 before any participation in UIL practices, games, or matches.

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