

### CONCUSSION MANGAGEMENT

In addition to the concussion training mandated by statute and in order to further safeguard student athletes, the district shall use NJSIAA trained officials whenever possible.

All parents/guardians shall receive annually the Concussion Policy Acknowledgement Form (5141.23-E) which must be completed and signed by both the parent/guardian and student athlete and returned to the athletic director prior to participation in any practice or game. The athletic director shall keep all forms on file as part of the student record.

#### RETURN TO PLAY GUIDELINES

1. Immediate removal from play and no return to play that day.
2. Medical evaluation to determine presence/absence of concussion.
3. Completion a symptom-free week starting on the first asymptomatic day for student-athlete diagnosed with a concussion.
4. Initiation of a gradual return to play/exercise protocol.
5. Monitoring during this time period for any reoccurrence of concussion symptoms.
6. Removal from play/exercise and return to student's primary care physician or the school physician for re-evaluation if a re-emergence of any post concussion symptoms occurs after a return to play/exercise.
7. Return to the previous level of non-symptomatic activity and advancement as tolerated if concussion symptoms reoccur.
8. Use of available tools such as a symptom checklist, baseline and balance. Testing are suggested.

#### GRADUATED RETURN-TO-PLAY EXERCISE PROTOCOL:

1. No activity, complete physical and cognitive rest. The objective of this step is recovery.
2. Light aerobic exercise, which includes walking, swimming or stationary cycling, keeping the intensity less than 70% maximum percentage heart rate; no resistance training. The objective of this step is increased heart rate.
3. Sport-specific exercise running drills; no head impact activities. The objective of this step is to add movement.
4. Non-contact training drills involving progression to more complex training drills (e.g. passing drills). The student-athlete may initiate progressive resistance training.

**CONCUSSION MANGAGEMENT (continued)**

**GRADUATED RETURN-TO-PLAY EXERCISE PROTOCOL: (continued)**

5. Following medical clearance, participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by the coaching staff.
  
6. Return to play involving normal exertional or game activity.

Approved: August 22, 2011  
Revised: