

Heritage Athletics

Concussion Protocol

April 2018

In accordance with Iowa Code Section 280.13C and in an effort to create an athletic environment that promotes the health and wellbeing of all student-athletes, the following concussion protocols will be used for all athletics offered at Heritage Christian School:

1. Each year parents will be required to sign and return the Heads Up: Concussion in High School Sports information sheet.
2. All coaches will be required to view the Concussions in Sports education course offered through NFHS.com.
3. All athletes with a suspected head injury will be immediately removed from play and will not return to play the day of the suspected injury. They may not return to play until they have received written authorization from a licensed health care provider. The "Heads Up" 4 Step Action Plan will be used for any athlete with a suspected head injury.
4. Once athletes have received written authorization from their licensed health care provider that they may return to play, the coaches and athletes must follow the Return to Learn and Return to Play (RTP) Process.

"Heads Up" 4 step Action Plan:

When you suspect a player has a concussion, follow the "Heads Up" 4-Step Action Plan

1. Remove the athlete from play.
2. Ensure the athlete is evaluated by an appropriate health-care professional. (RED FLAGS: if and red flags present, the athlete should go to the emergency department)
3. Inform the athlete's parents/guardians about the possible concussion and give them information on concussions.
4. Keep the athlete out of play the day of the injury, and until an appropriate health-care professional says the athlete is symptom-free and gives the okay to return to activity.

Return to Learn and Return to Play (RTP) Process

Return to participation following a concussion is a medical decision made on an individual basis by licensed health care providers. The following must be in place prior to a student returning to play: The Student must be asymptomatic at rest, and with exertion (including mental exertion in school), AND have written clearance from a licensed medical professional.

Step 1: **Complete Physical and Cognitive Rest.** No exertional activity until asymptomatic. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

- Step2: **Return to school full-time /normal cognitive daily activities, or normal cognitive functions.**
- Step 3: **Low impact, light aerobic exercise.** This step should not begin until the student is no longer having concussion symptoms and is cleared by the treating licensed health care provider. At this point the student may begin brisk walking, light jogging, swimming or riding an exercise bike at less than 70 % maximum performance heart rate. No weight or resistance training.
- Step 4: **Basic exercise,** such as running in the gym or on the field. No Helmet or other equipment.
- Step 5: **Non-contact, sport-specific training drills** (dribbling, ball handling, batting, fielding, running drills, etc.) in full equipment. Weight training can begin.
- Step 6: **Following medical clearance, full contact practice or training.**
- Step 7: **Normal competition in a contest.**

**Generally, each step should take a minimum of 24 hours. If post-concussion symptoms occur at ANY step in the RTP process, the student must stop the activity and their licensed health care provider should be contacted. If any post-concussion symptoms occur during this process, the student should drop back to the asymptomatic level and begin this progression again after an additional 24-hour rest period.