Concussion Oversight Team Members

Ty Stevens Secondary Principal

Casey Thompson Athletic Director

Trey Sisco Certified Trainer/Coach

Sue Brundrett FNP-C

**When you suspect that a player has a concussion, follow “Heads Up” 4-step Action Plan:**

1. Remove the athlete from play
2. Ensure that the athlete is evaluated by an appropriate health-care professional
3. Inform the athlete’s parents or guardians about the possible concussion and give them information on concussion.
4. Keep the athlete out of play the day of the injury and until an appropriate health-care professional says he or she is symptom-free and gives the okay to return to activity.

**Return to Play**

After suffering a concussion, **no athlete should return to play or practice on that day**. Previously, athletes were allowed to return to play if their symptoms resolved with 15 minutes of the injury. Newer studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

An athlete should never be allowed to resume physical activity following a concussion **until he or she is symptom free and given the approval to resume physical activity by an appropriate health-care professional.**

**Once an athlete no longer has signs, symptoms, or behaviors of a concussion and is cleared to return to activity by a health-care professional**, he or she should proceed in a step-wise fashion to allow progress one step each day. **The return to physical activity may proceed as shown below after medical clearance:**

Step 1: Light aerobic exercise- 5-10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises.

Step 2: Moderate aerobic exercise- 15-20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.

Step 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.

Step 4: Full contact practice or training

Step 5: Full game play.