

Once the athlete is symptom free for 24 hours:

1. Obtain a note from Physician confirming symptom free for 24 hour and bring to the Athletic Trainer.
  - a. Physician must be either athlete's primary care physician, or a physician specializing in concussion.
  - b. Notes from ER, Urgent Care, Chiropractors, or other health care professionals not trained in concussion management, **will not** be accepted.
2. "At risk" sports will set up on the post-concussion ImPACT (cognitive) test by the Athletic Trainer. (At risk athletes will have taken a baseline test prior to season. Baselines are updated every two years.)
  - a. Post-concussion test is sent to Neuropsychologist to be analyzed and compared to athlete's baseline test.
  - b. If not cleared by Neuropsychologist, Athletic Trainer will continue to monitor athlete under direction of Neuropsychologist until it is decided that test can be retaken.
3. Once deemed safe by the Athletic Trainer, Graduated Return to Play Progression can begin under supervision of the Athletic Trainer:
  - Step 1: Light aerobic exercise
  - Step 2: Light aerobic exercise, adding sport specific exercise
  - Step 3: Non-contact practice (or 75% effort)
  - Step 4: Full contact practice
  - Step 5: Return to competition

\*Each step requires a 24 hour period before beginning the next step.
4. The Athletic Trainer has the final say in all return to play decisions. At no time will a coach make a return to play decision.