

SANDWICH HIGH SCHOOL ATHLETIC TRAINING

Management of Concussions and Return to Play Guidelines

The health and safety of the student is the primary concern and therefore we appreciate your cooperation to facilitate communication between the student, parent(s), and medical staff (school athletic trainer, nurse, and / or physician). Based on international, national, and IHSA concussion guidelines, we have adopted the following process to manage concussions.

A student athlete who has been removed from play because of a concussion will not return to play (RTP) on the same day. Any student removed from play or school because of a concussion should have both physical (gym, sports, or any exertion) and mental (homework, reading, TV, video games) rest until cleared by a physician.

The student must have medical clearance from a physician before he or she can resume practice, school, or other school related events. The physician should have experience in treating concussions and whenever possible should be the team physician (Dr. Deepak Patel). Communication and return to play/school is expedited when the team physician is coordinating care of the student. All students must obtain documentation of medical clearance and any school/activity (sport) restrictions. Medical clearance includes documentation of (but not limited to) a normal neurological exam, absence of symptoms at rest and clearance to begin RTP protocol.

Return to Play Protocol

1. When cleared to RTP by physician, the student may begin low impact activity such as stationary bike, light jogging, pushups, sit ups, and jumping jacks under supervision of athletic trainer (ATC). Limited school attendance, homework, reading, television watching may be considered at this time at the discretion of the treating physician.
2. Initiate aerobic activity fundamental to specific sport such as running, jumping, and cutting.
3. Begin non-contact skill drills specific to sport such as dribbling, fielding, batting, serving, etc.
4. Following written release by physician or the athletic trainer (athletes) in consultation with the physician, the student may resume full contact in a practice setting.
5. If student remains asymptomatic, he or she may return to games / play.
 - Student must remain asymptomatic to progress to the next level.
 - If symptoms recur, the student must return to previous level.
 - Student must report daily to the ATC (athletes) or Nurse (non-athletes attending school) until cleared for full unrestricted participation
 - ATC will remain in contact with physician, coaches, parents, and school nurse
 - Individual conditions may require modification of protocol as determined by the medical staff.