



Glen Rock Athletic Department

Concussion Protocol

All student-athletes must take the Immediate Post-Concussion Assessment and Cognitive Test (IMPACT) before participating in athletics. Failure to take this test will result in the student-athlete being held out of activity until the test is taken.

If a student-athlete is suspected of having a concussion, the student-athlete must be:

1. Removed from activity immediately.
 - a. If there is no athletic trainer present and the student-athlete's symptoms become worse, 911 should be called and the parents contacted.
2. Evaluated by a licensed medical provider to determine the presence/absence of a concussion.
 - a. The student-athlete must bring in the written clearance/return to play form for concussed athletes. This form can be given to the student-athlete by the athletic trainer or can be found on the athletics website or on the landing page of Arbiter.

If a student-athlete is suspected of having a concussion, the coach must:

1. Notify the athletic trainer within **24 hours** to prevent the student-athlete from participating in physical education and to accommodate his/her classroom needs.
2. Fill out an accident report within **48 hours** of the injury.

If a student-athlete is diagnosed with a concussion, the following protocol must be followed:

1. The student-athlete must follow-up with the athletic trainer on a daily basis to report signs and symptoms using the post-concussion signs and symptoms check-list.
2. The student-athlete must be removed from physical education until the student-athlete is medically cleared.
3. The guidance department will be notified of the student-athlete's diagnosis.
4. Once the student-athlete is asymptomatic, the student-athlete must re-take IMPACT and the scores must be similar to their baseline scores. These scores will be evaluated by their physician.
5. The student-athlete must be asymptomatic for **7 consecutive days** before the return to play protocol can begin.
6. If concussion symptoms reappear during the return to play protocol, the student-athlete must return to the previous level of activity where he/she was asymptomatic for 24 hours, and progress as tolerated.
7. If the student-athlete continues to experience symptoms during the return to play protocol, this will warrant a reevaluation by their physician.
8. After completing the return to play protocol, the athlete's first day of full activity **MUST** be a practice prior to participating in a game.