

# **Huntington Union Free School District**

## **Department of Health, Physical Education and Athletics**

**Georgia D. McCarthy, Director**

### **Concussion Management Protocol for Student-Athletes**

The following will serve as documentation of the protocol being utilized to treat student-athletes who have sustained a concussion injury in the Huntington Union Free School District:

1. Injured student-athlete is immediately removed from activity until further notice
2. Evaluation and completion of the NYSPHSAA Concussion Checklist (see attachment) is made by District Athletic Trainer or sideline MD (if present)
3. EMS is notified if needed. Parent/guardian of student-athlete is notified and provided with copy of completed NYSPHSAA checklist
4. Athletic Director is notified and injury report is generated by Athletic Trainer
5. Follow up phone calls made by Athletic Trainer to monitor progress/regression
6. Referral to neurologist strongly recommended to parent/guardian within 72 hours of injury
7. Based on neurologist findings/recommendations, student-athlete will begin Return to Activity Protocol (see attachment) with Athletic Trainer (in communication with and under the direction of neurologist)
8. Once protocol is completed, neurologist suggests return to full activity
9. District's Chief Medical Officer (Board-appointed physician) will review the documentation received from the trainer and family physician/neurologist, and will make the final determination regarding the student athlete's unrestricted return to activity.

### **Return to Activity Protocol for Concussion Management**

\*Please note that no activity is to begin until a neurologist deems a student-athlete to be asymptomatic\*

The following outlines the protocol for gradual return to activity following a concussion injury:

- Begin with light activity exercise such as stationary bicycling, jogging, etc.
- Progress to moderate sport-specific activity such as running, sprinting, etc.
- Incorporate moderate sport-specific activities with non-contact drills
- Return to full-contact activity only when recommended by family physician/neurologist and upon final determination by District Chief Medical Officer