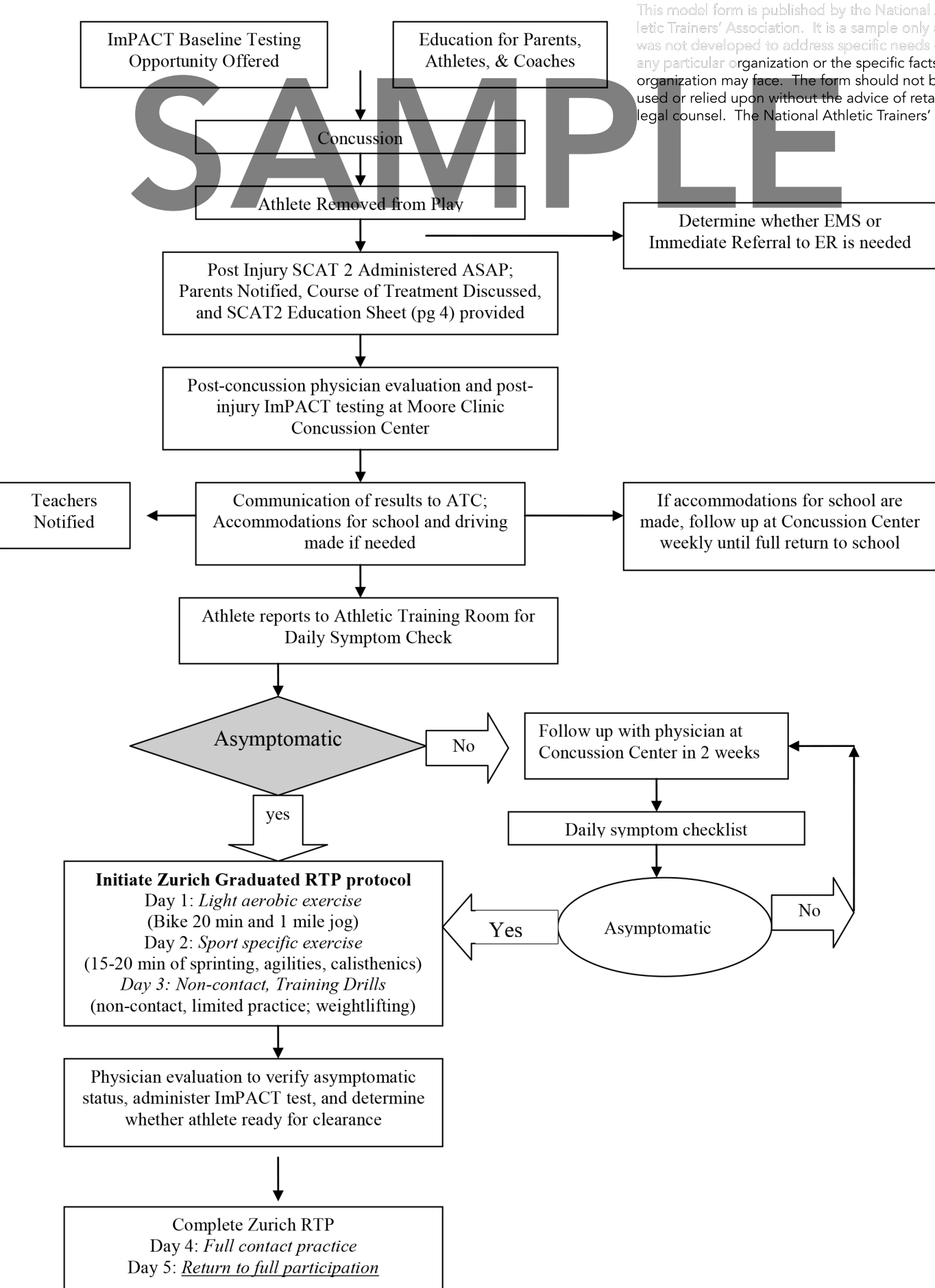


Pelion High School Concussion Management Protocol

This model form is published by the National Athletic Trainers' Association. It is a sample only and was not developed to address specific needs of any particular organization or the specific facts any organization may face. The form should not be used or relied upon without the advice of retained legal counsel. The National Athletic Trainers' Association

SAMPLE



ImPACT Baseline Testing Opportunity Offered

Education for Parents, Athletes, & Coaches

Concussion

Athlete Removed from Play

Determine whether EMS or Immediate Referral to ER is needed

Post Injury SCAT 2 Administered ASAP; Parents Notified, Course of Treatment Discussed, and SCAT2 Education Sheet (pg 4) provided

Post-concussion physician evaluation and post-injury ImPACT testing at Moore Clinic Concussion Center

Teachers Notified

Communication of results to ATC; Accommodations for school and driving made if needed

If accommodations for school are made, follow up at Concussion Center weekly until full return to school

Athlete reports to Athletic Training Room for Daily Symptom Check

Asymptomatic

No

Follow up with physician at Concussion Center in 2 weeks

yes

Daily symptom checklist

Yes

Asymptomatic

No

Initiate Zurich Graduated RTP protocol
 Day 1: *Light aerobic exercise* (Bike 20 min and 1 mile jog)
 Day 2: *Sport specific exercise* (15-20 min of sprinting, agilities, calisthenics)
 Day 3: *Non-contact, Training Drills* (non-contact, limited practice; weightlifting)

Physician evaluation to verify asymptomatic status, administer ImPACT test, and determine whether athlete ready for clearance

Complete Zurich RTP
 Day 4: *Full contact practice*
 Day 5: *Return to full participation*