

### Concussion check list Guidelines:

1) If a coach suspects a player has sustained a concussion the coach may administer the Assessment of Concussion - SAC Form A and complete the symptom checklist. This MUST be done objectively. Read the questions clearly and without any emotion and mark the answer exactly the way the injured player responds to it. You must not show any reaction to their responses. The athlete must score 26 or higher, out of 30, to be allowed to return to play, **BUT, they must be symptom free!**

If the athlete scores 25 or less, provide the SAC form to the parent, so they may then give it to the athlete's doctor. This will provide the doctor with immediate post-injury information.

**IF YOU CANNOT ADMINISTER THE EXAM OBJECTIVELY, DO NOT DO IT AT ALL!**

2) Inform the parents that you suspect the child has suffered from a concussion and they may not return to play until:

Player is symptom free for 7 days

Has been granted medical clearance by their physician to return to play

3) Contact Stacey Smith, Concussion Testing coordinator and John Inacio PT ATC, our athletic trainer, by email, and notify them that a child will need to be scheduled for their post-injury ImPact test and you will notify them when you have the Doctors Note and the athlete has been symptom free.

Contact: Stacey Smith (staceys55@yahoo.com)

John Inacio (JohnInacio@comcast.net) he administers the post injury test

4) The player must complete a post-concussive injury Impact Test by NYF's licensed athletic trainer (LAT) and satisfactorily passed it. The coach and LAT are to work together to safely return a player to full participation.

5) Once a player completes, and successfully passes, a post-injury ImPact test, the Concussion Testing coordinator will be notified by the licensed athletic trainer. The coordinator will then notify the coach(s).

6) The athlete then can begin the Return to Play Guidelines. The following steps will provide an internationally approved protocol to safely return a player to full participation. Each step is performed within a 24 hour period of time by the coach who will work with the LAT. This time frame allows for proper assessment that no concussive symptoms has returned.

**If concussive symptoms recur at any step along this protocol, the athlete will regress to the previous step he/she successfully completed. They will then follow the protocol from that point. Should symptoms persist at any of the steps, referral back to the physician is indicated.**

## **Return to Play Guidelines**

### **Step 1: Light aerobic exercise: 15 minutes**

Walking, stationary bike, squats, lunges, light jogging but no sprinting

Cheering only: Motion drills

No stationary bike for cheering

### **Step 2: Sport Specific exercise: 15 – 30 minutes**

Step 1 activities may be included.

Agility drills, sprinting

Push ups, sit ups

Cheering only: cheers, motions, conditioning - NO jumps, tumbling or stunting

### **Step 3: Non-Contact training drills: 30 – 45 minutes**

Steps 1 and 2 activities may be included.

Passing drills, positional drills that do not involve any player contact.

Cheering only: jumps and tumbling to be included. Participants may perform full routines but must mark stunts.

### **Step 4: Full Contact practice**

Full practice participation, including full body contact

Cheering only: Full practice participation, including stunting

### **Step 5: Return to Play**

Normal game play

Cheering only: full participation