

# Return to Play Protocol

The return to play protocol has been established by a medical doctor. It is a stage progression in which the athlete takes one stage at a time. If at any time the symptoms of a concussion return, the athlete will not progress to the next stage. There is no definite time table for the return to play.

We are fortunate that our athletes will have baseline data available for the doctors to review. The baseline data will include memory functions as well as balance. The baseline data will also give physicians objective data in which to make decisions.

## *Below are the stages or the progressive return to play protocol*

1. **Rest** - athlete should sleep; no television; no video games; no text messaging; rest the brain.
2. **Return to class** - athlete returns to academic activities; however, athlete may need modifications in assignments; suggested modifications would be extended time; modified length of assignment.
3. **Light aerobic activity** - athlete participates in aerobic activity either inside or outside.
4. **Sport specific training** - athlete participates in drills specific to their sport with a higher intensity than the light aerobic activity.
5. **Non-contact training drills** - athlete progresses to sport specific drills but there is no contact. Athlete wears full uniform and increases intensity.
6. **Full-contact training drills** - athlete after having been medically cleared for full-contact participates in team drills where contact is allowed.
7. **Return to competition** - athlete is allowed to return to full competition after being re-evaluated by attending physician.

## Watch for the following:

- ◆ Worsening headaches
- ◆ Vomiting
- ◆ Decreased level of consciousness
- ◆ Dilated pupils
- ◆ Increased confusion
- ◆ Stumbling / loss of balance
- ◆ Weakness in one arm / leg
- ◆ Blurred vision
- ◆ Increased irritability

If any of the above should develop seek further medical attention immediately.

## It is okay to:

- ◆ Use Tylenol
- ◆ Ice pack to head / neck for comfort
- ◆ Eat a light meal
- ◆ Go to sleep

## Do not:

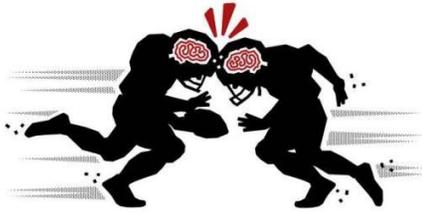
- ◆ Drink alcohol
- ◆ Eat spicy foods
- ◆ Drive a car
- ◆ Use Asprin, Aleve, Advil or other NSAID products



# WOODLAWN ATHLETICS

## Parent & Student Concussion Information





## Act 314

The Louisiana Legislature in 2011 passed the Louisiana Youth Concussion Act. This law requires that all parents, athletes, and coaches be made aware of the following:

- ◇ The nature and risk of concussions.
- ◇ The risk associated with continuing to play after a concussion or head injury
- ◇ Sign a concussion and head injury information sheet which includes the return to play protocol.

## What is a concussion?

A concussion is a brain injury that:

- ◇ Is caused by a bump or blow to the head
- ◇ Can change the way your brain normally works
- ◇ Can occur during practices or games in any sport
- ◇ Can happen even if you haven't been knocked out
- ◇ Can be serious even if you've just been "dinged"

## Symptoms

Common symptoms that may be felt by the athlete or seen by a coach, teammate, or parent include:

- ◆ Headache or "Pressure" in head
- ◆ Nausea or vomiting
- ◆ Balance Problems or dizziness
- ◆ Double or blurry vision
- ◆ Bothered by light or noise
- ◆ Sluggish, hazy, foggy or groggy
- ◆ Difficulty paying attention
- ◆ Memory problems
- ◆ Confusion
- ◆ Don't feel right

## Parent's should look for

Symptoms of concussion or head injury that parents, or others associated with the athlete may look for include:

- ◆ Appears dazed or stunned
- ◆ Confused about assignment or position
- ◆ Forgets instructions
- ◆ Unsure of game, score, or opponent
- ◆ Moves clumsily
- ◆ Answers questions slowly
- ◆ Loses consciousness (even briefly)
- ◆ Shows changes in behavior and / or personality
- ◆ Can't recall events prior to hit or fall
- ◆ Can't recall events after hit or fall

## What do I do next?

If the athlete or anyone associated with the athlete detects signs of a concussion then the athlete should be immediately removed from play and referred to a medical doctor or a doctor of Osteopathic Medicine for further evaluation.

- ◆ When in doubt sit them out
- ◆ On-site evaluation by appropriate health-care professional: Physician, Certified Athletic Trainer, EMT and removed from play for the remainder of that day's competition.
- ◆ Athlete is medically cleared by Medical Doctor or Doctor of Osteopathic Medicine
- ◆ Step-wise protocol for return to learn and return to play is initiated as determined by physician.
- ◆ Upon completion of Return to Play protocol athlete is then released by attending physi-



## Additional Resources

Brain 101—The Concussion Playbook  
<http://brain101.orcasinc.com/5000/>

Concussion in Sports - What you need to know  
<http://www.nfhslearn.com/electiveDetail.aspx?courseID=1500>

Heads Up: Concussion in High School Sports  
<http://www.cdc.gov/headsup/youthsports/>