

LCSD PROGRESSIVE RETURN TO PLAY PROTOCOL

Return to play following a concussion is a stepwise progression once the individual is symptom free. The Return to Play Protocol will pertain to all students returning to school after a diagnosed concussion regardless if the accident occurred during the student's private life or while participating in a school function.

No student athlete should return to play while symptomatic. **Students are prohibited from returning to play the day the concussion is sustained.** If there is any doubt as to whether a concussion has been sustained, sit them out. **Once the student athlete is symptom free at rest for 24 hours and has a signed release by NYS licensed physician,** the athlete may begin the return to play progression- See sample below (provided there are no other mitigating circumstances).

Day 1: No physical activity

Day 2: Light aerobic activity

Day 3: Sport-specific activity

Day 4: Non-contact training drills

Day 5: Full contact practice

Day 6: Return to play

1. Each step should take approximately 24 hours so that an athlete would take a **minimum of five days** to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise, as prescribed by treating physician.
2. In addition to any limitations or restrictions imposed by the student's treating physician, the student will have a re-evaluation via Neuro-cognitive testing (ImPACT testing) if baseline Neuro-cognitive testing was performed.
3. If at any time signs, symptoms or behaviors consistent with a concussion are observed; the student shall be immediately removed from participation in athletic activities and will be referred to his/her licensed physician for a new assessment.
4. After receiving a new assessment from a licensed physician following above steps 2 or 3, the student –athlete must provide a new medical release, along with a new signed statement from the student's parent or guardian permitting the student to resume participation in the athletic activities. After providing a new medical release, the process in step 2 must be followed again.

5. Return to play protocol will be implemented with the guidance of the student's physician, the district's medical director, and a certified athletic trainer and the athletic director. It is the coach's and athlete's responsibility to report all symptoms, especially once the return to play protocol is initiated.