

## McQuaid Jesuit High School

### RETURN TO PLAY PROTOCOLS FOR INTERSCHOLASTIC SPORTS:

1. Once diagnosed with a concussion, the student must be symptom free for 24 hours off pain killing medicines. Following a concussion, the return to play means return to the six-phase graduated re-conditioning leading back up to drills, practice games and competition. The graduated re-conditioning program is as follows:

**Phase 1** low impact non-strenuous light aerobic activity for short intervals, such as easy walking, biking, swimming in three ten minute intervals; no resistance training

**Phase 2** higher impact, higher exertion activity in two 15 minute intervals, such as running/jumping rope, skating, or other cardio exercise; may be sports specific if available (e.g. skating without collision meaning suited up, but skating when the team is not doing drills; running without impact in soccer or football, suited up), no resistance training

**Phase 3** repeat Phase 2 progressing with shorter breaks, and add 10 to 15 min. stationary skill work, such as dribbling, serving, tossing a ball (balls should not be thrown or kicked in the direction of the student); low resistance training if available with spotting

**Phase 4.** Repeat Phase 3 without breaks in cardio, but add skill work with movement (allowing balls to be thrown/kicked in the direction of student); non-contact training drills, take IMPACT test. If baseline scores are reproduced and school MD provides clearance, proceed to phase 5

**Phase 5.** Repeat Phase 4 as a warm up; weight lifting with spotting; full contact training drills

**Phase 6** warm up followed by full participation in game play as tolerated

2. At any time symptoms return during the graduated re-conditioning, the student must stop the training, be referred back to the private health care provider, have a full 24 hours of rest, and may not start over with the last phase where the athlete was symptom free until the athlete has been completely symptom free again for a full 24 hours off pain killing medicines.

### **"WHEN IN DOUBT, SIT THEM OUT!"**

***\* For the purposes of the head injury RTP protocol, an appropriate physician evaluation is completed by a practicing MD or DO within the following specialties: family medicine, pediatrics, sports medicine, neurology, or neurosurgery, with preference given to the individuals' primary care physician. Family members and friends of the family who are medical providers may not serve as an appropriate physician. The physician completing the physician's evaluation form should document name, degree, specialty, practice name (if applicable), address, and phone number.***