



# Garner-Hayfield-Ventura

## Return-to-Play Protocol

1. The concussion protocol applies to any student in any school activity, including, but not limited to, fine arts, athletics, field trips, assemblies or any school sponsored event.
2. Baseline Concussion Testing
  - a. Students at GHV High School who participate in basketball, cheerleading, football, soccer, volleyball and wrestling will receive a baseline concussion test prior to the respective season. The 7th and 8th grade students at GHV Middle School who participate in football and wrestling will receive a baseline concussion test prior to the respective season.
3. When a student sustains a blow to the head or face during practice or a game, it is important for the student to report if they are having any symptoms of a concussion to a coach or contracted athletic trainer.

### COMMON SYMPTOMS OF A CONCUSSION:

- Headache or pressure in head
- Confusion
- Feeling in a fog
- Dizziness
- Ringing in the ears
- Nausea
- Feeling slowed down
- Feeling off balance
- Irritability or personality change
- Sensitive to light or noise
- Trouble concentrating
- Sleeping habits changed (too little or longer)

4. If the student is suspected of sustaining a concussion, a referral to see a medical professional will be recommended. The student will be put through the concussion Return-to-Learn (RTL) protocol and/or Return-to-Play (RTP) protocol.
5. If the student is struggling to maintain concentration, or symptoms are affecting completion of academic work, the student may need accommodations during school. Teachers of the student will be provided a list of appropriate accommodations.
6. If a student has symptoms beyond three weeks, the student will be required to follow-up with a medical professional.
7. Once the student has been able to complete a full day of school without symptoms returning and is in good academic standing, the student can start the RTP protocol as directed by the contracted athletic trainer.



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1. If the symptoms last less than 24 hours and the student is not taken to a medical professional, the student will still need to be treated for a concussion and be put through the RTP protocol with the contracted athletic trainer.
2. The RTP consists of 6 stages:
  - **Stage 1** - Daily activities that do not provoke symptoms
  - **Stage 2** - Walking or stationary cycling slow to medium pace; no resistance training
  - **Stage 3** - Running or skating drills; no head impact activities
  - **Stage 4** - Harder training drills, eg, passing drills; may start progressive resistance training
  - **Stage 5** - Following medical clearance, participate in non-contact training/activities
  - **Stage 6** - Full-contact practice, normal game play
3. If symptoms return on any of these stages, the student must repeat the phase the following day before progressing onto the next stage.
4. The student is not allowed to do more than one stage in a 24 hour period.
5. Students must have all concussion base testing back to baseline before being able to return to full contact practice/competition.

**The school health office, in collaboration with the school contracted athletic trainer, has the right to proceed in a more conservative manner than the recommendation of the primary care provider. While the recommendation of the primary care provider will be taken into consideration, the school will make the final decision regarding participation in school activities.**

Student Name: \_\_\_\_\_ Student Birthdate: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_