

## **De Leon Independent School District Concussion Management Protocol**

### Concussion Management

1. Recommended School Modifications
  - a. Notify Principal and Counselor of the student that he/she has MTBI (Mild Traumatic Brain Injury).
  - b. Notify Principal and Counselor of post-concussion symptoms.
2. Student must show no signs of post-concussion symptoms before return to play protocol begins.
3. Student will not return to full practice or competition for a minimum of 7 Days.
4. The treating physician must provide a written statement to the parent and De Leon ISD indicating that, in the physician's professional judgment, it is safe for the student to return to play.
5. Parent/guardian has signed the Concussion Management Protocol Return to Play Form acknowledging the completion of the return to play guidelines which includes the understanding the risk associated with the student athlete's return to play.

### Return to Play Guidelines

Athlete must show no signs of post-concussion symptoms before return to play protocol begins.

1. Athlete activity progressions
  - a. Phase I – No exertional physical activity until the student athlete is symptom free for 24 hours.
  - b. Phase II
    - a. Step 1 – Light aerobic exercise.
    - b. Step 2 – Moderate aerobic exercise.
    - c. Step 3 – Non-contact training drills in full uniform.
    - d. Step 4 – Full contact practice or training.
    - e. Step 5 – Full game play.