

Peaster Independent School District

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Return to Play Protocol for Athletes

Peaster ISD has developed a protocol for managing concussions. This policy includes a multidiscipline approach involving neuropsychological testing, physician referral and clearance, and successful completion of activity progressions related to their sport. The following is an outline of this procedure. Your son/daughter must pass all of these tests in order to return to sport activity after having a concussion.

1. All athletes who sustain head injuries will be evaluated by the coach or a physician chosen by the student's parent or guardian. They must have a normal physical and neurological exam prior to being permitted to progress to activity. This includes athletes who were initially referred to an emergency department.
2. All high school concussed athletes will be monitored daily at school by the coach. His/her teachers will be notified if warranted of their injury and what to expect. Accommodations may need to be given according to physician recommendations and observations. This may include physician recommended absence from school or modified attendance.
3. The student may be given a neuro-cognitive test at least 48 hours after the concussion. All athletes in contact sports at the high school level will have this assessment prior to their season to form a baseline. Peaster ISD utilizes the ImPact software program for this. The athlete's post-injury testing data must be within normal limits before he/she is released to activity.
4. The student must be asymptomatic at rest and exertion.
5. Once cleared to begin activity, the student will start a progressive step-by-step procedure. The progressions will advance at the rate of one step per day. Any return of symptoms during this progression will result in the athlete repeating the return to play progression.

The following is a checklist for athletes to return to play following a concussion. Please note that once the activity phase begins, any return of symptoms will result in starting the activity phase over, from the beginning, after a 24 hour period with no symptoms.

Non-Activity Phase

- _____ 1a. Asymptomatic with complete rest.
- _____ 1b. ImPact/Neurocognitive post injury test within normal limits (if given).
- _____ 2. Physician clearance to begin activity phase.

Activity Phase

- _____ 3. Light aerobic exercise (e.g. stationary bike).
- _____ 4. Moderate aerobic exercise (e.g. elliptical/cross country ski machine).
- _____ 5. Heavy aerobic exercise (e.g. treadmill running).
- _____ 6. Non-contact training drills including resistance training.
- _____ 7. Full-contact training drills.