

## MARIST CATHOLIC HIGH SCHOOL

### Concussion Management Policy-Seven Steps to a Safe Return to Play Post Concussion\*\*

\*\*From the Consensus Statement on Concussion in Sports. *Patricios JS, et al. Br J Sports Med 2023;57:695–711.*

1. Cognitive and Physical rest. This may include staying home from school 24-48 hrs following injury, limiting school hours, and academic accommodations for several days. Athletes can begin a gradual and incremental increase in their cognitive load. Progression through the strategy for students should be slowed when there is more than a mild and brief symptom exacerbation\*.
2. Symptom-limited activity. Light aerobic exercise: Light exercise may consist of walking or riding an exercise bike at low intensity. No weight-lifting or resistance training. Gradual reintroduction of work/school. Athletes may begin this step within 24 hours of injury
3. Aerobic exercise:
  - a. Light (up to 55% max HR) intensity and then
  - b. Moderate (up to 70% max HR) intensity. Stationary cycling or walking at slow to medium pace. May start light resistance training that does not result in more than mild and brief exacerbation\* of concussion symptoms.
  - c. GOAL: Increase heart rate. Max HR is 220-age
4. Individual Sport-Specific Exercise: Sport-specific training away from the team environment (eg, running, change of direction and/or individual training drills away from team). No activities at risk of head impact Note: If sport-specific training involves any risk of inadvertent head impact, medical clearance should occur prior to Step 4
  - a. GOAL: Adding movement and change of direction

\*If more than mild exacerbation of symptoms (ie, more than 2 points on a 0–10 scale) occurs during Steps 2–4, the athlete should stop activity and attempt to resume exercise the next day.

**Steps 5-6 will begin after the resolution of any symptoms, abnormalities in cognitive function, any other clinical findings related to the current concussion, including with and after physical exertion, and be cleared by your physician for further activity.**

5. Non-contact training drills: More complex drills in full equipment. Weight training or resistance training may resume. Exercise to high intensity including more challenging training drills (eg, passing drills, multiplayer training) can integrate into a team environment.
  - a. GOAL: Resume usual intensity of exercise, coordination and increased thinking
6. Full contact practice or training: Participate in normal training activities.
  - a. GOAL: Restore confidence and assess functional skills by coaching staff
    - Athletes experiencing concussion-related symptoms during Steps 5–6 should return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities.
7. Unrestricted Return-to-Participation/full competition.

\*The athlete should spend a minimum of one day at each step before advancing to the next. If symptoms reoccur, the student must stop the activity and contact their athletic trainer. Depending upon the specific type and severity of the symptoms, the student may be told to rest for 24 hours and then resume activity one-step below where he or she was when the symptoms occurred. Graduated return applies to all activities including sports and PE classes.