

SALMON SCHOOL DISTRICT  
STEELE MEMORIAL MEDICAL CENTER  
SALMON ORTHOPEDICS

Student Athlete Concussion Management Proposal

1. Preseason baseline neuropsychological testing.
2. When a player shows any signs or symptoms of a concussion
  - a: The player is removed from the game or practice.
  - b: The player is medically evaluated by the A.T.C or a physician.
3. Return to play protocol.\*
  - a: Complete rest for 24 hours.
  - b: Light physical activity.
    1. Jogging 5-10 minutes
    2. Push-ups 3x10
    3. Sit-ups 3x10
  - c: Moderate physical activity.
    1. Jogging 20-30 minutes
    2. Light weight room activity
  - d: Heavy physical activity.
    3. Sprints
    4. Heavy weight room activity
    5. Return to practice in non-contact drills
  - e: Full contact training and drills.
  - f: Return to game play.

\*The athlete can only advance 1 level in each 24 hour period. If any post concussion symptoms reappear, the athlete drops back to the previous level and may try to progress again after 24 hours. Return to game play cannot be prior to 7 days after the initial injury and requires that neuropsychological testing has returned to normal baseline. Final clearance to return to play is by A.T.C. or a physician.

4. Three concussions within one season, or one major concussion depending on level and length of symptoms (i.e. loss of consciousness) or significant past history of concussion, disqualify the athlete from all contact sports for the remainder of the season. The athlete must be cleared by the A.T.C and Physician to participate in another sport for that year.