

MCPS RESPONSE TO CONCUSSION

Any athlete suspected of having a concussion will be removed from play and cannot be returned to play without written clearance from a physician, physician's assistant, nurse practitioner, or certified athletic trainer.

The return to play will progress through up to six stages with symptom checks to be conducted by either the athletic trainer or school nurse.

Gradual Return to Play Plan

1. No physical activity
2. Low levels of physical activity (i.e., symptoms do not come back during or after the activity). This includes walking, light jogging, light stationary biking, light weight-lifting (lower weight, higher reps, no bench, no squat).
3. Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and /or reduced weight from your typical routine).
4. Heavy non-contact physical activity. This includes sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).
5. Full contact in controlled practice.
6. Full contact game play.