

# Concussion Management Protocol and Procedures

## Introduction

Concussion received by participants in extra-curricular activities is an ongoing concern at all levels. DSISD abides by the UIL requirements for concussion management for students that participate in extra-curricular activities under the jurisdiction of the UIL and will also provide information on compliance with Chapter 38, Sub chapter D of the Texas Education Code (TEC).

## Concussion Oversight Team (COT)

According to TEC Section 38.153: The governing body of each school district and open-enrollment charter school with students who participate in an interscholastic athletic activity shall appoint or approve a concussion oversight team. The Dripping Springs ISD Board of Trustees will approve the members of the concussion oversight team. The COT shall include the following:

1. School District Employed Athletic Trainer(s)
2. School Nurse
3. Physician – Family Practice in Local Area
4. Physician – Specialist

## Return To Play (RTP) Protocol

The concussion oversight team has established a return to play protocol, based on peer-reviewed scientific evidence, for a student's return to interscholastic athletics practice or competition following the force or impact believed to have caused a concussion.

1. If at any time during a contest or event if a student displays signs and symptoms of concussion the student will be held out of play immediately.
2. The individual who removes the student from the contest shall notify the Athletic Trainer immediately. Once the Athletic Trainer is notified the parent/guardian of the student shall be notified.
3. Parents will be instructed to very carefully monitor the student during the first 24 hours after the initial signs of the concussion, if symptom conditions worsen during the 24 hour period parents will be encouraged to take the student to an Emergency Room.
4. Any student who sustains a concussion will be prohibited from athletic participation for at least five days.
5. Following the participation prohibited period the parents should have the student evaluated by their physician of choice. The physician must complete a concussion evaluation form which includes the protocol for the student's return to participation.
6. The student shall not return to participation until the Athletic Trainer/M.S. Nurse confirms that:
  - the student has been evaluated by a treating physician selected by the student's parents;
  - the student has completed the Return to Play protocol established by the Concussion Oversight Team;
  - the Athletic Trainer/M.S. Nurse has received a written statement from the treating physician indicating that in the physician's professional judgement it is safe for the student to return to play; and
  - the Athletic Trainer/M.S. Nurse has received the required Return To Play form completed and signed by the student's parents

## Summary

Following clearance and compliance with the above information, supervised progression of activities should be initiated utilizing the following standardized protocol:

- Student athlete shall be symptom free for 24 hours prior to initiating the return to play progression.
- Progress continues at 24-hour intervals as long as student athlete is symptom free at each level.
- If the student athlete experiences any post-concussion symptoms during the return to activity progression, activity is discontinued and the student athlete must be re-evaluated by a licensed health care professional.