

Monomoy Regional High School Concussion Protocol

- 1.) When there is suspected concussion, or a student exhibits signs and symptoms of a concussion, or loses consciousness, even briefly, they shall be removed from the practice or competition immediately and may not return to the practice or competition that day.
- 2.) The student shall not return to practice or competition unless and until the student provides medical clearance and authorization as specified in 105 CMR 201.011.
- 3.) When there is a suspected concussion the athletic trainer (if on site) or the coach will contact the parents and notify them about the injury and the symptoms the child is experiencing.
- 4.) After contacting the parents, an accident report must be filled out by the athletic trainer (if present) or by the coach by the end of the practice or game explaining what happened. Along with the accident report the Department of Health's Report of Head Injury form must also be filled out.
- 5.) The accident report and Report of Head Injury form must be given to the school nurse and a copy will be made of each for the athletic trainer's documentation. The school nurse will then notify the student's guidance counselor and notify the student's teacher about the injury and the accommodations the student may need during class time
- 6.) Between 24-72 hours after the injury a post-injury ImPACT test will be administered to the student and then those scores will be compared to their baseline scores. If the student continues to show Signs and symptoms that are linked to a concussion for the next 24-48 hours, the student will need to be further evaluated for a concussion by their Primary Care Physician or another physician.
- 7.) If the student is indeed diagnosed with a concussion the PCP will recommend a certain amount of rest time. During this time students should limit screen time, rest, and no physical activity.
- 8.) Once we reach the end of the resting period they may return to their PCP in order to be cleared to begin Gradual RTP. If cleared to begin gradual RTP, that means that all academic accommodations will be lifted as well.
- 9.) In order to begin gradual RTP, the student must bring the signed Post Sports-Related Head Injury Medical Clearance and Authorization Form signed by the treating physician

- 10.) Overall the school has the final say whether or not the student is allowed to return to athletics based on their condition and whether or not they are still experiencing symptoms.