

Hammonton High School

Concussion Policy and Guidelines for Return to Competition

At the direction of our school physician group, AtlantiCare, Hammonton High School follows the concussion guidelines set forth by the Zurich Concussion Statement¹, the NJSIAA², and NJ State Law³.

Return to Play Guidelines:

At any time during a practice or game that a student-athlete experiences any signs or symptoms of a concussion he/she will not be allowed to return to play/practice that day.

The athlete must be symptom free for **48 hours** before completing the Zurich Activity Progression, as outlined below. The athlete must be symptom free without the use of pain medication.

An athlete must be evaluated and receive written clearance from a physician trained in the evaluation and management of concussions. Physician notes that are inconsistent with the Hammonton School District's concussion policy may not be accepted and will be referred to our school physician. Clearance notes from Urgent Care or Emergency Departments will not be accepted.

The athlete must return to an appropriate score upon testing, as compared to their baseline score

(SAC/BESS, Impact).

Return to Play Progression:

After **48 symptom free hours**, the athlete will begin the following return progression as outlined by the Zurich Concussion Statement:

Day 1 Light aerobic exercise (elliptical, stationary bike)

Day 2 Functional exercises (increased running intensity, agilities, and non-contact sport specific drills)

Day 3 Non-Contact practice activities

Day 4 Full contact practice activities **following physician clearance**

Day 5 Full return to normal exertional or game activity

The athlete must remain symptom free to progress to the next level of participation. If concussion symptoms return during the progression, the student-athlete will return to the previous level of activity that caused no symptoms.

References:

1. McCrory et al. Consensus Statement on Concussion in Sport: The 3rd International Conference on Concussion in Sport. *Journal of Athletic Training*. 2009; 44(4): 434-448.
 2. New Jersey State Interscholastic Association Medical Advisory Board. *NJSIAA Policy Statement*, April 2010.
 3. NJ State Assembly Concussion Act introduced May 13, 2010.
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