













# YOU HAVE BEEN DIAGNOSED WITH A CONCUSSION NOW WHAT?

## DO

-  Sleep as much as you want, but limit naps
-  Eat healthy foods
-  Drink water
-  Take time to allow your brain to heal
-  Schedule a doctor's appointment
-  Contact the school nurse. The school nurse will contact your teachers to let them know they should cut out unnecessary assignments and give you extra time on necessary ones

## DON'T

-  Take any anti-inflammatories (Ibuprofen, Motrin, Advil, etc.) in the first 48 hours or until you have seen a doctor
-  Watch a lot of television, play a lot of video games, be on the computer a lot, or on your phone a lot
-  Do any exercise until cleared by a physician and receiving the okay from your Athletic Trainer; this includes no PE classes
-  Drive while experiencing high symptoms



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## DCSD Policy for Concussion Return to Play

**\*\*Steps may not be negotiated or changed** by the athlete or parent, nor may a healthcare provider recommend a shorter return to play or clear an athlete to resume full contact without completing these steps\*\*

### BE SYMPTOM-FREE



Athletes must be symptom-free for at least 48 hours before advancing to the next step



This is tracked through completing a Graded Symptom Checklist (GSC) with the Athletic Trainer every day after school

### PASS THE IMPACT TEST



It is recommended to delay testing until symptoms subside



Results must be returned to baseline for a "pass."

### RECEIVE CLEARANCE FROM AN APPROVED HEALTHCARE PROVIDER



MD, DO, NP, PA, or Licensed Doctor of Psychology with training in neuropsychology or concussion evaluation and management



Per state law (SB 11-040), "A youth athlete may not return to sport until written medical clearance has been received"



Clearance will be documented using the DCSD Head Injury Physician Referral form

The Athletic Trainer cannot start the return to play guidelines without this form being signed and checked "cleared" or "may begin...once asymptomatic."



If the healthcare provider checks "follow up visit," an additional DCSD form will need to be signed checking "cleared."

### FOLLOW THE DCSD 6-STEP RETURN-TO-PLAY POLICY



Per the updated Berlin Consensus Statement, step 1 is considered symptom-tolerated activity, such as light homework and class attendance



The Return to Play (steps 2-6) must be managed by a DCSD athletic trainer, and each day must be separated by a minimum of 24 hours



Full contact practice (Day 4) must be completed before game participation (Day 5)