

# Concussion Management

## NFHS Concussion Management

***The NFHS Sports Medicine Advisory Committee strongly recommends the following protocol for Concussion management:***

1. No athlete should return to play or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, return to play should follow a step-wise protocol with provisions for delayed return to play based upon the return of any signs or symptoms.

NFHS Concussion Rule in the sport rule book: Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional.

NOTE: The WIAA rule: A student who displays symptoms of concussion and/or is rendered unconscious may not return to practice or competition during the same day.

### **For more information on Concussions:**

- Go to: <http://www.cdc.gov/concussion/> to learn more about signs and symptoms of a concussion and recommended treatment.
- Go to: <http://www.nfhslearn.com/> for a FREE "concussion in Sports" webinar
- <http://www.sportsconcussions.org/ibaseline/> for additional "return to Play" and Concussion educational resources.
- For Concussion Care in the Classroom: [http://wiaawi.org/health/WIAA\\_concussion\\_rev.pdf](http://wiaawi.org/health/WIAA_concussion_rev.pdf)