



RED CREEK CENTRAL SCHOOL DISTRICT
Athletic Department

Matthew S. VanOrman
Director of Athletics

David G. Sholes
Superintendent of Schools

Timothy Gaffney
High School Principal

RED CREEK CENTRAL SCHOOL DISCTRICT
CONCUSSION MANAGEMENT
RETURN TO PLAY PROTOCOL

- *Minimum of 24 hours must be allotted for each individual step
- * No Return to Play steps until the **School's Medical Director** clearance is submitted to Red Creek Nurse's Office

1. No physical activity, complete rest
2. Light exercises: walking or stationary bike with no symptoms
3. Sport specific activities: without contact and no symptoms
4. Return to practice: no contact, resume resistance training and no symptoms
5. Return to practice: full contact
6. Return to full active participation

Note:

1. If symptoms return at any time during the steps, the player must wait until asymptotic for 24 hours, then re-start at the previous step.
2. Never return to competition while symptomatic.
3. The student should be monitored for recurrence of symptoms due to mental exertion, such as reading, working on computers, or taking a test.
4. **When in doubt, sit them out**

