

Highland Park ISD Concussion Policy

In accordance with House Bill 2038, if an athlete is suspected of sustaining a concussion, the athlete will be:

- Removed from participation immediately
- Evaluated by a licensed physician and/or Highland Park ISD Athletic Trainer
- Administered post-concussion ImpACT test if appropriate
- Released to begin progression with written clearance from Physician, Athletic Trainer, and Parents/Guardian
- Progressed through Return to Play (RTP) protocol under direction of a Licensed Physician and the Highland Park ISD Athletic Trainers
- Released to participate with **written clearance** from an approved physician, athletic trainer, and parents/guardians

Return to Play Protocol

Highland Park ISD Return to Play (RTP) protocol following a suspected concussion follows a stepwise progression beginning with full rest and progressing up to full contact. The progression is managed by the Licensed Athletic Trainers of Highland Park ISD under the supervision of our Concussion Oversight Team led by a Licensed Physician. Highland Park protocol states that an athlete may NOT return to any type of activity while still experiencing signs and symptoms of concussion. Once asymptomatic, the athlete will begin a 5 phase progression of activity to return to play. Each phase will last at least 24 hours. The progression will start with a phase of light aerobic exercise followed by a 2nd phase of medium intensity aerobic exercise. The 3rd phase consists of increased intensity and the addition of light plyometric/resistance exercise. The 4th phase includes non-contact training with sport specific drills and allows aggressive plyometric/resistance training. Finally, a full contact practice must be completed before clearance to return to competition. If the athlete experiences any post-concussion symptoms throughout the progression, the athlete will return to the previous asymptomatic level after a 24 hour period of rest.

Neurocognitive Testing

The Highland Park Athletic Training Staff will also use the ImpACT test as a means of evaluating an athlete's return to play after sustaining a concussion. ImpACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most widely used, most validated computerized concussion evaluation system. HPISD utilizes post-concussion testing in comparison to athlete's baseline test (within normal limits) or to the national norms based test, depending on age and gender. The ImpACT test is not meant to be used as the sole measurement of Return to Play. Test results will be used in conjunction with other observations and testing performed by the medical staff.

“Concussion Blood Test”

Recent scientific developments have produced a blood biomarker test to be used for the detection of bleeding in the brain following traumatic brain injury. The media incorrectly reported it as a concussion blood test. However, the test does not diagnose concussions. It was developed to assist emergency department providers in determining whether a CT scan is indicated. The absence of the markers does not indicate or refute the presence of brain injury. HPISD does not have the ability to initiate the test. That decision would be made by the emergency department workers. The vast majority of concussions in sports will not require testing of this magnitude. More information can be found [HERE](#).