The following protocol has been established in accordance to the National Federation of State High School Associations and the International Conference on Concussion in Sport, Zurich 2008.

When an athlete shows **ANY** signs or symptoms of a concussion:
1. The athlete will not be allowed to return to play in the current game or practice.
2. The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
3. The athlete should be medically evaluated and cleared for athletics participation following the injury.
4. The athlete's ImPACT test has returned to baseline status (cognitive function has returned to normal).
5. Return to play must follow a medically supervised stepwise process.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to sport. The program is broken down into six steps in which only one step is covered a day. The six steps involve the following:

1. No exertional activity until asymptomatic for **seven consecutive days**.
2. Light aerobic exercise such as walking or stationary bike, etc. No resistance training.
3. Sport specific exercise such as skating, running, etc.   Progressive addition of resistance training may begin.
4. Non-contact training/skill drills.
5. Full contact training in practice setting.
6. Return to competition

If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest.

The student-athlete should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test.

It is OK to:	**There is no need to:**	**Do NOT:**
Use acetaminophen (Tylenol) for headaches	Check eyes with a flashlight	Drink alcohol
Use ice pack on head and neck as needed for comfort	Wake up every hour	Eat spicy food
Eat a light diet	Test reflexes	
Return to school	Stay in bed	
Go to sleep		
Rest (no strenuous activity or sports)		