

Maple Valley High School
Concussions Sequence “Return to Play Protocol”

*Baseline tests are administered to all students at Maple Valley in grades 7-12.

*Baseline tests will also be done as the students enter grades 7, 9, and 11 as the baseline tests are valid for two years.

- 1) After the initial concussion, the athlete must be **symptom free for 24 hours** before he/she can take the first post-concussion impact test on the computer. The Athletic Trainer and the Activities Director will set up test which will be done at the High School.
- 2) A copy of the tests will be given to the Athletic Trainer at which time he or she will review the results. If the results of the test are not acceptable compared to the baseline, the athlete will be required to test again on the computer the following day.
- 3) If approved to continue the testing, the athlete will perform 15 minutes of exertion, rest 10 minutes, then complete the post-exertion computerized impact test. This test will again be set up by Athletic Trainer and/or Activities Director.
- 4) If no symptoms resurface after exertion, and the athlete is cleared post-exertion computerized test; he/she may return to a non-contact practice
- 5) Another computerized impact test would be needed if signs or symptoms reoccur during the exertion process. A physician or a qualified health care provider will be contacted to help interpret the test and determine an advanced plan of care, if needed. If the athlete is cleared to return to play, then the activities director will contact the coach and/or parents. Parents can and should be involved in the process at any time.
- 6) If at any time signs or symptoms reoccur, the athlete will need to start back at step 1 (being 24 hour symptom free).
- 7) Once cleared, the athlete will first be allowed to participant in a non-contact, light day of practice. If no symptoms occur, the athlete will be allowed to be a full participant on day two of practice after clearance.
- 8) Any questions during the process should be directed to the Athletic Trainer or Activities Director.

End of Maple Valley School District District Policy FCAF-E2Adopted: 3-14-2017