

WACHUSETT ATHLETICS



CONCUSSION PROTOCOL

Wachusett Regional High School has established the following Concussion Protocol for all student-athletes competing in our interscholastic programs. All students, coaches and parents are expected to be familiar with its contents.

Any student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall immediately be removed from the contest and shall not return to play until cleared by an appropriate health-care professional.

If it can be determined during a contest by the school's health care professional (this person must be a Medical Doctor, Doctor of Orthopedics or Certified Athletic Trainer) that an athlete removed from play does not have a concussion and is cleared to play, then that student-athlete may be allowed to re-enter the competition.

If the health care professional does not clear the athlete for return to the contest, then the athlete must adhere to the following *Return To Play Protocol*:

1. Only a Medical Doctor or Doctor of Orthopedics, or a Physician's Assistant or Nurse Practitioner working under a Medical Doctor or Doctor of Orthopedics, may clear the athlete for return to competition.
2. The clearance must be in writing
3. The clearance may not be on the same date on which the athlete was removed from play

"Away" Contest Protocol

It is important to note that students, coaches and parents are held to the same procedures and guidelines regarding concussion protocol when they compete on the road at "away" athletic events.

In the event that the opposing school does not have a MD, OD, or certified athletic trainer on staff, the student who sustains a possible concussion is “done for the day”. They will not be cleared to re-enter the contest. Coaches and parents do not have the authority to clear a student-athlete for re-entry to a contest.

Mandated Free On-line Concussion Course

Massachusetts state law currently requires that parents and legal guardians take a free on-line course to familiarize themselves with the signs and symptoms of a concussion. The course will also discuss proper response to a suspected concussion, return to play protocols, and suggestions for the prevention of sports related head injuries. The Wachusett Regional High School Athletic Department highly encourages student-athletes to take this course, as well. The course may be accessed at www.nfhslearn.com/electiveDetail.aspx?courseID=1500

Additional Resources:

www.sportconcussions.org

www.sportslegacy.org

www.biama.org/whatdoes/playsmart.html

Please note that concussion information sheets may be downloaded by visiting www.cdc.gov/concussion/HeadsUp/high_school.html