Pelion High School Concussion Management Protocol

ImPACT Baseline Testing Opportunity Offered → Concussion

Education for Parents, Athletes, & Coaches → Athlete Removed from Play

Post Injury SCAT 2 Administered ASAP; Parents Notified, Course of Treatment Discussed, and SCAT2 Education Sheet (pg 4) provided

Post-concussion physician evaluation and post-injury ImPACT testing at Moore Clinic Conussion Center

Teachers Notified

Communication of results to ATC; Accommodations for school and driving made if needed

If accommodations for school are made, follow up at Concussion Center weekly until full return to school

Athlete reports to Athletic Training Room for Daily Symptom Check

Asymptomatic

Yes

Initiate Zurich Graduated RTP protocol
- Day 1: Light aerobic exercise (Bike 20 min and 1 mile jog)
- Day 2: Sport specific exercise (15-20 min of sprinting, agilities, calisthenics)
- Day 3: Non-contact, Training Drills (non-contact, limited practice; weightlifting)

Physician evaluation to verify asymptomatic status, administer ImPACT test, and determine whether athlete ready for clearance

Follow up with physician at Concussion Center in 2 weeks

Daily symptom checklist

Yes

Asymptomatic

No

Daily symptom checklist

Yes

Asymptomatic

No

Complete Zurich RTP
- Day 4: Full contact practice
- Day 5: Return to full participation