



Deer Park Independent School District

DEPARTMENT OF SPORTS MEDICINE



710 W. San Augustine, Deer Park, TX. 77536 (832)668-7245

Concussion Protocol

In the event an athlete sustains a head injury that is believed to be a concussion by a coach, a physician, a licensed health care professional, or the student’s parent or guardian or another person with legal authority to make medical decisions for the student, the athlete must follow the following concussion protocol.

1. **The athlete must be removed from competition or practice and not allowed to return to competition or practice until all components of the concussion protocol are completed.**
2. **The athlete must be evaluated by a physician chosen by the student or the student’s parent, guardian, or another person with legal authority to make medical decisions for the student.**
3. **The athlete must complete the stages of exertion outlined below, and upon successful completion must be released by the concussion oversight team.**

- ✘ Student athlete must be symptom free for 24 hours prior to initiating the return to play progression. During this time, the athlete may not participate in any way.
- ✘ Progression continues at 24-hour intervals as long as student athlete is symptom free at each level.
- ✘ If the student athlete experiences any post-concussion symptoms during the return to activity progression, activity is discontinued and the student-athlete must be re-evaluated by an Athletic Trainer or Physician.

Step 1: After athlete is symptom free for 24 hours, begin light aerobic exercise...5-10 minutes on an exercised bike, or light jog; no weight lifting, resistance training or other exercise.
Step 2: Moderate aerobic exercise...15-20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.
Step 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.
Step 4: Full contact practice or training.
Step 5: Full game play.

4. **The treating physician must provide a written statement indicating that, in the physician’s professional judgment, it is safe for the student to return to play.**
5. **The student and the student’s parent or guardian or another person with legal authority to make medical decisions for the student has signed the UIL Concussion Management Protocol Return to Play Form.**