

## MCS Concussion Protocol

All student athletes competing in contact and collision at the high school sports (football, basketball, wrestling, soccer, and cheerleading) and all middle school football players will undergo baseline neurocognitive testing (Currently ImPACT) as soon as teams are chosen. In the event a concussion is suspected, the following protocol will be used

1. Any student athlete suspected of having a concussion should be removed from play and referred to the MCS athletic trainers as soon as possible.
2. If a concussion is diagnosed by the MCS athletic trainer or a physician, the athlete will be held out of all athletic activity until:
  - a. They are symptom free.
  - b. They have a post injury neurocognitive test at or near baseline. Neurocognitive test will be done every 48-72 hours post injury.
3. The MCS athletic trainers will consult with the team neurosurgeon on all concussions and neurocognitive testing results.
4. Once a student athlete has been cleared to return to play after a concussion, they will begin a gradual return to play progression over a 4-5 day period.
5. If symptoms return at any point during the return to play progression, athletic activity will be stopped for 48 hours or when symptoms resolve, whichever is longer.
6. In the event an athlete is cleared by their own physician, the MCS athletic trainers and team physician have the final decision on when the athlete can return to play.

If deemed necessary, the athletic trainer after conferring with the team neurosurgeon will send the athlete in for a physician evaluation.

At the discretion of athletic trainer and neurosurgeon, players may be removed from play completely for the remainder of season based on individually-considered factors such as but not limited to - number of concussions sustained, prolonged/difficult recovery, other confounding medical/behavioral problems.

This protocol is for concussions and not severe head injuries requiring immediate/emergency medical attention.