



Concussion Management Guidelines

Concussions at all levels of sports have received a great deal of attention in the past few years. Adolescent athletes are particularly vulnerable to the effects of concussions. Thus for the health of our student athletes, the following guidelines for management of concussions have been developed in conjunction with the GHSA and the NFHS.

1. Student athletes suspected of having a concussion should be removed from athletic activity and referred to their parent/guardian. Parents/guardians should then schedule an evaluation by an appropriate doctor (M.D. or D.O.) of their choice ASAP. Parents should consider whether the doctor they select is knowledgeable in the evaluation and management of sports-related concussions.
2. Any athlete with a concussion should be medically cleared by doctor (M.D. or D.O.) prior to resuming participation in any athletic activity. Parents are encouraged to share the results of a concussion diagnosis or evaluation, including doctors' orders, with school staff and coaches. The formation of a gradual return to play protocol should be a part of the medical clearance.

NOTE: Athletes with continued concussion symptoms are at a risk for recurrent, cumulative and even catastrophic consequences of a second concussive injury. Such risks are minimized if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made by parents, doctors and coaches. Parents/guardians should ensure that no athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing. Coaches may remove a student from athletic activity at their discretion.

3. These guidelines should be applied to athletic activity which includes, but is not limited to games, practices, conditioning and scrimmages.