

# Prosper ISD Concussion Policy

In accordance with *HB 2038*, Prosper ISD works closely with the district athletic trainers (Michael Henry and Sarah Hartman), and Team Physician (Dr. Troy Smurawa), which make up the “**Concussion Oversight Team**” as specified.

After an athlete has sustained a concussion, proper documentation of symptoms will be established through the Athletic Training Staff or campus Nurse (middle school). Documentation will be used by the Doctor for further evaluation.

**Step 1:** The athlete is to be evaluated by the team athletic trainer or school nurse (middle school) for signs of concussion. If the athlete is suspected to have a concussion, the athlete must be referred to the Team Physician on the concussion management team. A parent may choose a different physician for the athlete, however, **the ultimate return to play decisions will be made by the Prosper ISD Concussion Oversight Team.**

**Step 2:** The student athlete will check in twice daily with the athletic trainer (at the high school) or school nurse (at the middle school) to document continuing symptoms until final release. The Athletic Trainer/ School Nurse will review the symptoms at each visit. When an athlete has had 24 hours without symptoms and has been cleared by the concussion oversight team to do so, they may move on to step 3 with physician approval.

**Step3:** The Athletic Trainer or assigned coach will progress the athlete through the following Return to play (RTP) protocol according to Prosper ISD guidelines below. This program will span a length of no less than 5 days prior to full participation if athlete remains symptom free throughout the entire progression. Additional days may be necessary to complete the protocol based on severity of injury, return of symptoms or by recommendation of the team physician on the Concussion Oversight team. **\*\* The athlete must complete the progressive RTP protocol and must be supervised by a Prosper ISD Licensed Athletic Trainer or School nurse and coach under the guidelines set forth by the Prosper ISD Athletic Training Staff before returning to any athletic activity.\*\***

## **Progressive Return to Play Protocol**

**Phase One:** 24 hours with no symptoms. Light to Moderate Aerobic Conditioning, sub-maximal strengthening (body weight only), active Range of Motion & Stretching, Moderate balance and proprioception exercises

**Phase Two:** Strenuous aerobic conditioning, Resistance training and weight lifting, dynamic stretching, agility, plyometrics, and challenging proprioceptive balance activities

**Phase Three:** Non-contact physical training, aggressive strength training, plyometrics and sport-specific exercises

**Phase Four:** Resume full training with contact in practice setting. Continue sport-specific aggressive strength and conditioning exercise.

**Phase Five:** Resume full participation in practice without restrictions (athlete must participate in a full practice before participating in a competition).

**Upon completion of each phase without the return of symptoms, the student is fully released if symptom free and released in writing by treating Physician and all Members of the Concussion oversight team with the completed Prosper ISD Return to Play form signed by parent/ legal guardian and Prosper ISD Athletic Trainer.**

**Recap: Any athlete suspected of a concussion must go through the following steps.**

1. **Written diagnosis of confirmed or denied concussion from a licensed Physician.**
2. **Twice daily visits with the athletic trainer or school nurse to document symptoms.**
3. **Return to activity following the Progressive Return to Play Protocol**
4. **Physician release in writing by the treating physician and/or Team Physician**
5. **Completed Concussion Management Protocol Return to Play Form**

For all of the Prosper ISD concussion documents please visit the Athletic Training Health & Safety Information page on the Prosper ISD Athletics page. For a complete guide of commonly asked questions about HB 2038 please visit: <http://www.tsata.com/hb-2038/>