



Prosper ISD Concussion Policy



In accordance with *HB 2038*, Prosper ISD works closely with the district athletic trainers (Michael Henry, Sarah Tutton, Amelia Easley, Tyler Fox, Keshia Williams, Emily Karns, Tara Humphrey, and Matthew Wiggins), and Team Physicians at the Andrews Institute of Children's Health 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. Documentation will be used by the Doctor for further evaluation.

Step 1: The athlete is to be evaluated by the team athletic trainer 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 once daily with the athletic trainer to document continuing symptoms until final release. This must be done **BEFORE** going to athletics. The Athletic Trainer 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.

Step 3: The Athletic Trainer 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 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 and active Range of Motion & Stretching

Phase Two: Moderate aerobic conditioning, Resistance training (body weight only), dynamic stretching, and challenging proprioceptive balance activities

Phase Three: Heavy aerobic conditioning, Noncontact sport-specific exercises, and resistance training

Phase Four: Continue sport specific aggressive strength and conditioning exercise, non-contact practices, with their team, and plyometrics.

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. **Once 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 Forms 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/>