Concussion Protocol for NVSC

1. When a player sustains a concussion, parents should notify the coach and manager of the team as soon as possible.
2. Manager and Coach will notify technical directors, select director, and secretary using the concussion notification google form
3. Once the player has been released to “Return to Play” (with hard copy from a primary physician or athletic trainer) player may rejoin practices following the return to play protocol below
   1. If a player has been followed by a school AT chances are they’ve already done this return to play protocol, we will just need to know specifically what stage the player is in
   2. If there is any uncertainty, we must clarify before player rejoins NVSC activities
4. If, at any time, symptoms resume, parents and player must notify their coach and team manager immediately so the return to play protocol can be followed appropriately

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| --- | --- | --- | --- |
| Player: |  | Team: |  |
| DOB: |  | Team Manager: |  |
| Parent: |  | Team Manger email: |  |
| Parent email: |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Date** | **Stage** | **Coach Initial** |
|  | Notification of concussion  (send email to Hans, Marie, Kristen, Mike)   1. Stage 1 – complete physical and cognitive rest |  |
|  | Notification of return to play  (send hard copy to Hans, Marie, Kristen, Mike) |  |
|  | 1. Stage 2 – light aerobic exercise (walking or stationary cycling, no resistance training) |  |
|  | 1. Stage 3- sport specific exercise (running drills, ball handling drills, no head impact activities) |  |
|  | 1. Stage 4 – Non contact training drills - progression to more complex drills, may start progressive resistance training |  |
|  | 1. Stage 5 – full contact practice – following medical clearance; participate in normal training activities |  |
|  | 1. Stage 6 - Return to play, Normal game play |  |