

Kansas City Kansas USD 500 Concussion Protocol & Policy

If a concussion is suspected in a student athlete by any athletic trainer, the student athlete will need to be seen by a physician (MD/DO) for further evaluation as per the Kansas State High School Activities Association (KSHAA). The student athlete will be placed in a full "Return to Play" protocol (RTP) once asymptomatic. All steps in the return to play protocol will be completed under the supervision of one KCK USD 500 athletic trainers. A release form does not mean the athlete can go back to play immediately, but will serve as clearance to begin the RTP with the athletic trainer. Each student athlete will still need to complete the 5 step RTP protocol as outlined below. The RTP is designed to gradually introduce the student athlete back into play without any symptoms. The athletic trainer will provide full clearance pending successful completion of RTP. Student athletes will need to report to the athletic trainer each day to monitor their symptoms. Student athletes may not begin the RTP until they are asymptomatic and there will be a minimum of 24 hours between each of the 5 steps. The athletic trainer will spend about 20-30 minutes on each step with the student athlete. The student athlete should remain asymptomatic during and after each step in order to progress to the next step. If the athlete experiences symptoms during activity on any step of the RTP, activity should be stopped. The student athlete must wait 24 hours or until asymptomatic before the RTP can begin again. Pending symptoms and symptom severity, the athlete may be referred back to their physician for re-evaluation and clearance.

Return To Play Steps:

Step 1: Asymptomatic for 24 hours

Step 2: Light aerobic exercise; walking, exercise, no weight lifting (20-30 mins)

Step 3: Running with no equipment (20-30 mins)

Step 4: Non-contact practice; training drills, full equipment, no live scrimmaging, weight lifting

Step 5: Full contact practice; live scrimmaging

By signing below, each student athlete and their parent and/or guardian acknowledge they have read and accept the KCK USD 500 Concussion Policy and understand that all student athletes with suspected concussions must complete the 5-step RTP process before a full return to sports.

Student name

Parent Name

Student signature

Date

Parent Signature

Date