

Suggested Concussion Management:

WIAA and NFHS Suggested Concussion Management

1. Any athlete suspected of having a concussion should immediately be removed from participation. “When in doubt, hold them out.”
2. No athlete should return to play (RTP) or practice on the same day of a concussion.
3. Any athlete with a suspected concussion must be evaluated and medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. Athletes should not be allowed to RTP while still having symptoms.
5. After medical clearance, athletes should follow an individualized, stepwise RTP protocol.

In order to resume activity, the athlete must be symptom free and off any pain control or headache medications, carrying a full academic load without any significant accommodations for 1-2 days, and have clearance from an appropriate health care provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a prolonged or different return to activity program and should be managed by a health care professional with experience in treating concussion.

The following program allows for no more than one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

STEP ONE: About 15-30 minutes of light aerobic exercise at a slow to medium pace. This allows for increased heart rate.

STEP TWO: More strenuous sport-specific exercise (running, sprinting, skating) without any equipment or contact. This allows for more complex movement and agility.

STEP THREE: Begin **non-contact** drills in full uniform. May also begin progressive resistance training. This allows for increased coordination and thinking during exertion.

STEP FOUR: Following medical clearance, full practice with contact. This helps restore confidence and allows coaching staff to fully assess athlete.

STEP FIVE: Full game clearance

Further Reading

<http://www.nfhs.org/WorkArea/DownloadAsset.aspx?id=5902>

<http://wiaawi.org/index.php?id=430>

A sample concussion management plan for use by schools:

[Marshfield Clinic Concussion Management Plan](#)

(Note: Each school should consult with its own sports medicine staff, legal counsel and athletics staff during the development and implementation of a plan.)