

JCC ACTIVITIES CONCUSSION PROTOCOL

In an effort to standardize concussion care for our student-athletes, we have implemented the following concussion care process as agreed on by Sanford Health-Jackson and Jackson County Central schools, and in accordance with MN Statute 121A.37 and MSHSL concussion policy.

If an athlete sustains a hit to the head or upper body and has signs and/or symptoms of concussion, they will enter protocol. All concussion assessments will be conducted on-site at the high school by our certified athletic trainer. This includes neurocognitive, vestibular-ocular-motor, physical, and computerized evaluations. The athlete will enter the **Return to Learn** phase of return, and any necessary academic accommodations will be communicated to appropriate school staff. Once Return to Learn is complete, the athlete will begin the **Return to Play** protocol, being guided and overseen by the athletic trainer through every step. When both protocols have been successfully completed, the athlete will be cleared by the athletic trainer to return to full participation, and this written clearance will be kept on-file at the high school. In the event further care is needed to aid an athlete in their recovery, an outside referral may be made to an appropriate medical provider at the athletic trainer's discretion.

Return to Learn

Step 1: Complete cognitive and physical rest: Stay home from school and limit mental exertion such as computer use, texting, video games, and homework.

Step 2: Light mental activity: Progress to next level when able to complete 30 minutes of mental exertion without an increase in symptoms.

Step 3: Part-time school: Modify with accommodations rather than postpone academics. Progress to next level when able to handle 60 minutes or more of mental exertion without an increase in symptoms.

Step 4: Full-time school: Minimal accommodations. Progress when able to handle all class periods in succession without an increase in symptoms.

Step 5: Full-time school: Limited to no accommodations.

Return to Play

Step 1: Physical rest: Proceed to step 2 when cleared by athletic trainer.

Step 2: Light aerobic activity: 10-15 minutes, no resistance training.

Step 3: Sport-specific exercise: 20-30 minutes of low-risk activities.

Step 4: Non-contact drills: Complex training drills.

Step 5: Full contact practice: No restrictions.

Step 6: Return to Competition: No restrictions.

Athlete must complete a full practice prior to playing in a game.

Medical office visits are not required, but can be done at the parents' discretion. If the athlete is seen by an approved provider (physician, nurse practitioner, or physician assistant), that provider will determine if the athlete is medically cleared to progress through the protocols or if the athlete needs more time to rest, followed by repeat testing if necessary. If this additional medical assistance will be obtained, the athletic trainer should be notified so appropriate testing results may be forwarded to the outside medical provider prior to the athlete's appointment.

If the athlete has been exempted from baseline testing by the athletic trainer and sustains a suspected concussion, the athlete will be referred to an advanced practice approved provider for further evaluation.

This process is implemented to streamline the concussion care provided to our student-athletes and ensure their safety when participating in sports following a head injury.