HARBORFIELDS HIGH SCHOOL

DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

PROTOCOL FOR THE MANAGEMENT OF AN
ACUTE HEAD INJURY

- Based on the mechanism of injury, observation, history, unusual behavior and reactions of the athlete, even without the loss of consciousness (LOC), **assume a concussion has occurred if the head was hit or jarred.**

- If confusion, unusual behavior or responsiveness, deteriorating condition, LOC, or concerns about neck and spine injury exist, the athlete should be **transported via ambulance at once for emergency care.**

- If there is no apparent emergency the athlete's mental status, attention, balance, behavior, speech and memory should be examined every 5-10 minutes over the next few hours or until stable. Parents or guardians of the athlete should be made aware of proper protocol, symptoms to watch for and to contact medical personnel if concerned. **Beware that an athlete's condition can deteriorate rapidly and emergency care maybe needed.**

- No athlete demonstrating symptoms of concussion should return to practice physical activity protocol (RTPAP) the day of injury. **RTPAP will be allowed after the student is cleared by their private physician passes appropriate neurological testing and is cleared by the school physician.**

- After medical clearance, RTPAP will follow a stepwise protocol with provisions for delayed RTPAP based on return of any signs or symptoms.

- **Medical clearance protocol for RTPAP**

    - No exertional activity until asymptomatic
    - The athlete must remain asymptomatic to progress to the next level
    - If symptoms return the athlete must return to the previous level.
    - If the athlete remains without symptoms, they may return to play.
    - A medical check will occur before full contact.
    - **Phase I** – light aerobic exercise
    - **Phase II** – low impact aerobic exercises
    - **Phase III** – Sport specific non-contact activity
    - **Phase IV** – Sport specific non-contact drills
    - **Phase V –** Full contact sport specific training drills
    - **Phase VI –** Full activity without restrictions